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THE

Freebie

ISSUE!

943

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**The Secret Life Of
The American Teenager's**

**Shailene
Woodley**

**She's Not The Girl
You Think She Is**

Free
T-Shirt
See P. 14

**150+
CUTE
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Skin!**

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MAY 2010

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Drew Barrymore is wearing Smoky ShadowBlast in Purple Plume. easy breezy beautiful COVERGIRL



WIN!

There are hundreds of amazing giveaways inside! Look for this burst, then see pp. 158-159 for more details!

seventeen MAY 2010

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Start with these shoes and work your way up!



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beauty

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41 hot shoes for every style

on the cover



self-tanning secrets

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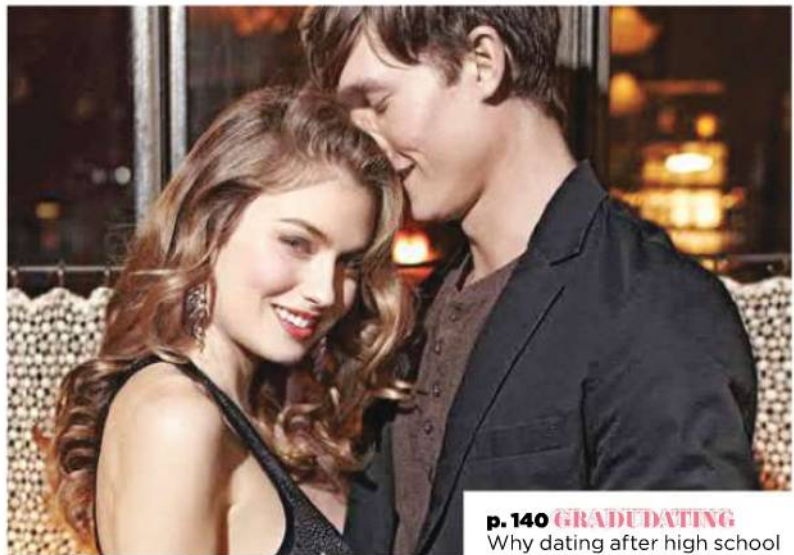
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PHOTOS: (HEAD-TO-TOE CUTE) NICHOLAS BOUTZEN; (THE SMART GIRL'S GUIDE TO FUN IN THE SUN) TERRY DOVE; (ALL LIVES) JESUS AYALA/STUDIO D.; (SELF-TANNER) J. MUGNIE/STUDIO D.

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your life

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- 114 "I Intern for the Toughest Boss Ever"** What it's really like to work for *The City*'s Kelly Cutrone.
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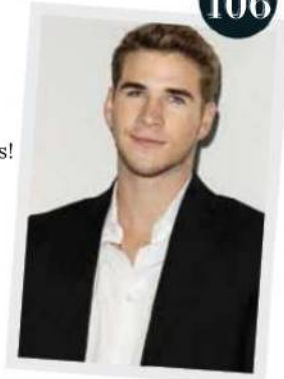
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Why dating after high school is a whole new ball game!

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Liam Hemsworth (Miley's guy!) spills his love secrets.

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and...

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SPECIAL SECTION

116 Best Party Ever! Your friends will *love* these super-fun ideas.

seventeen.com

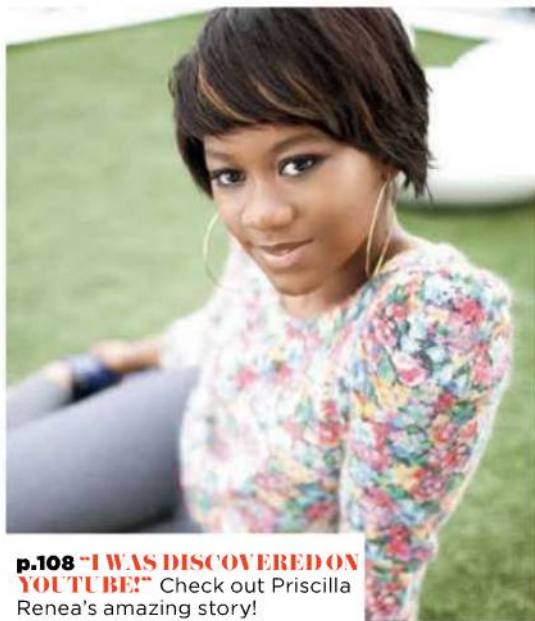
BEAUTY SMARTIES' HOW-TOS!



CANDY, 22

Get tons of new makeup ideas and sneaky tricks from the Beauty Smarties at **seventeen.com/beautysmarties**.

PHOTOS: ("I WAS DISCOVERED ON YOUTUBE!") ARI MICHELSON; (GRADUATING) NICK ONKEN; HEMSWORTH: BRENDON THORNE/GETTY IMAGES.

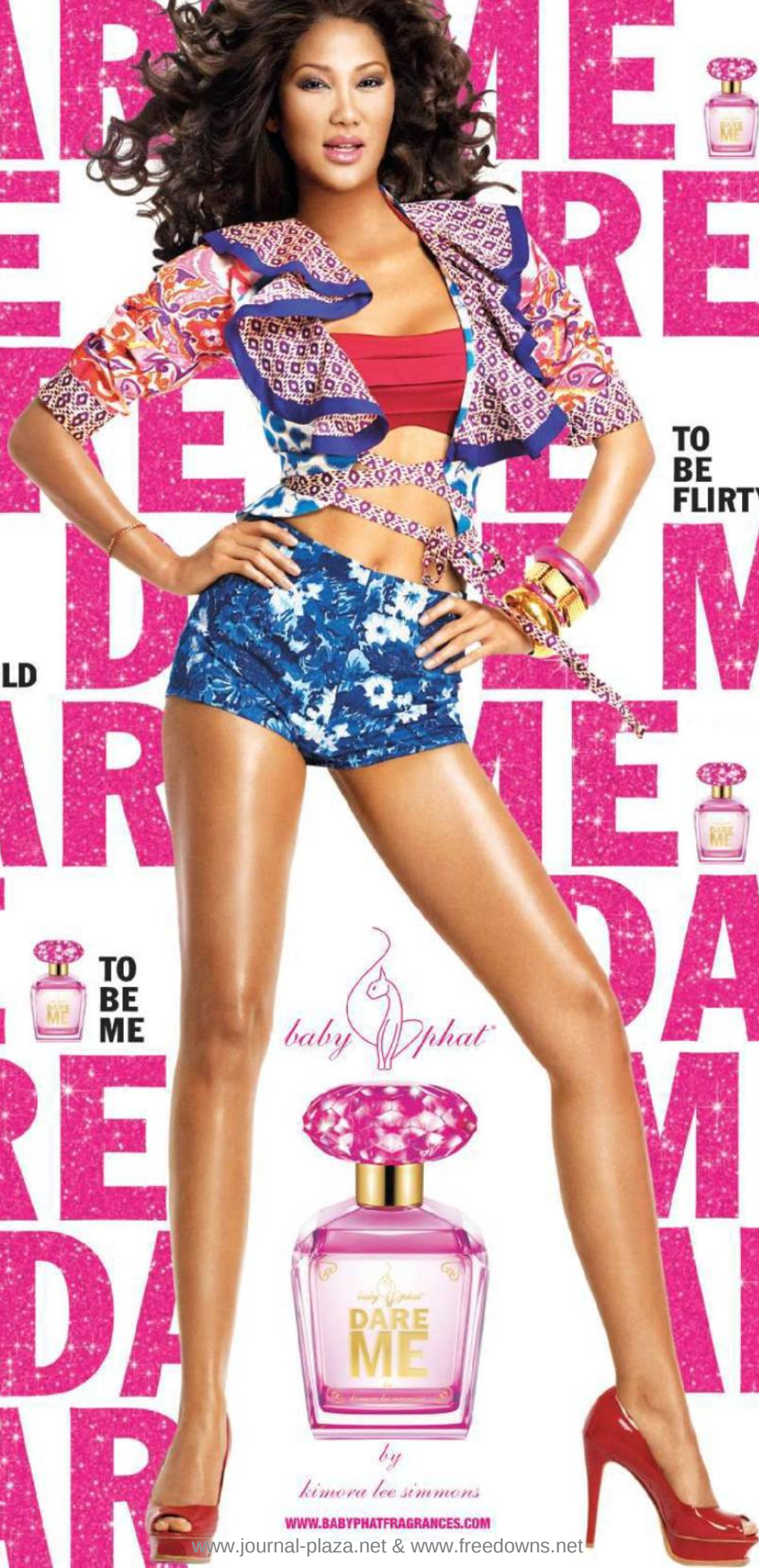


p.108 "I WAS DISCOVERED ON YOUTUBE!" Check out Priscilla Renea's amazing story!

SCORE A \$500 SHOPPING SPREE!

Take our **reader-feedback survey** online. See page 158 for details, or log on to **survey.seventeen.com**.

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WIN!

Look for this burst throughout the issue!

FREEBIE FINDER

This issue is *packed* with free stuff! Here's where to find all the things you can score, from fashion and beauty goodies to high-tech gear—even a date with a hot guy!

TRIP TO NYC
1 winner will come visit us at Seventeen!



p.110



NUDE LACE HEELS
3 winners will snag shoes from the Paris Hilton shoe collection

p.38

LONG LAST GLOSSWEAR
25 winners will grab this gloss from Clinique



p.84



\$50 GIFT CARD
30 winners will be treated to this card from The Cheesecake Factory

p.105



ONE-YEAR SUPPLY OF MAKEUP
1 winner will take home a year's worth of makeup from Maybelline New York

p.14



DECREE SANDALS
30 winners will walk away with these from JCPenney

p.92



SUNCARE GIFT BASKET
1 winner will score these suncare products from Clinique

p.86



LAST SONG PRIZE PACK 1 winner will get a souvenir from the film signed by Liam Hemsworth, from Walt Disney Studios

p.106

BUG RING
100 winners will receive this ring from ShopTheLook.Net



p.22

SHOE-CLUB MEMBERSHIP
10 winners will get a one-month membership from Shoedazzle.com



p.94

ALMOST BRONZER
25 winners will win this bronzer from Clinique



p.88

IJ309B KARAOKE PLAYER 2 winners will snag this karaoke player from iLive



p.108

RUNAWAY
15 winners will take home Meg Cabot's book from Scholastic Inc.



p.24

SPORTY SUNDRESS
10 winners will receive this dress from O'Neill



p.46

FITNESS SWAG BAG
1 winner will land this workout gear from Adidas



p.94

DEVOUR PHONE WITH MOTOBLUR
2 winners will score this phone from Motorola



p.110



CHAIN SANDALS
5 winners will grab these sandals from Zigi NY

p.20



STUDD JEANS
100 winners will take home a pair from Celebrity Pink

p.54

SIMPLE & SCRUMPTIOUS
15 winners will be cooking with Joy Bauer's book from William Morrow



p.95



\$150 GIFT CARD
2 winners will get this gift card from Discover

p.112



YELLOW FLATS
2 winners will win these shoes from BC Footwear

p.30



\$100 GIFT CARD
5 winners will get to shop with a gift card from Target

p.86



WATER BOTTLE
25 winners will score this water bottle from SIGG

p.99



POGO INSTANT DIGITAL CAMERA
1 winner will receive this camera from Polaroid

p.114



SNAKESKIN TOPSIDERS
5 winners will walk off with shoes from Sperry

p.32



LIP BLUSH
150 winners will get this Pixi lip marker from Target

p.59



SPRITE DELUXE CRUISER 1 winner will ride away with this bike (and a helmet) from Schwinn

p.99



DESIGNER NETBOOK AND LED MONITOR
1 winner will snag these from ASUS

p.115

EMBELLISHED WHEELS
5 winners will grab these shoes from Carlos by Carlos Santana



p.34



CATCH THE WAVE SPRUNCH SPRAY 100 winners will get this hairspray from Aussie

p.50



LG RUMOR TOUCH CELL PHONE
1 winner will score this cell from Sprint

p.100



ISPIN DJ MIXER
5 winners will win this iSpin from Fashionation

p.118



BLACK PLATFORM HEELS
2 winners will snap these up from Chinese Laundry

p.36



SMOKEY EYES SET
150 winners will win this shadow from Essence

p.72

HOT-GUY SKYPE DATE
5 winners will get to chat with one of our Hot Guy Panelists



p.104



PERSONALIZED ASTRO PROFILE
6 winners will receive an astro profile from Sally Brompton

p.160



5 winners will win this dress from Lulu's! Enter code [glam] at seventeen.com/freebies.

WIN!

7 winners will take home this bag from Urban Original! (Puppy not included!) Enter code [hardware] at seventeen.com/freebies.

WIN!

10 winners will walk away with these heels from Urban Original! Enter code [peeptoe] at seventeen.com/freebies.

WIN!

MAIN PHOTO: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINX. HAIR: TYLER LASWELL FOR TRESemme/CONTACTNYC. COM. MAKEUP: THORA AT KATE RYAN INC. USING MAC COSMETICS. ON MODEL: BELT, LULU'S; WATCH, CASIO; BANGLES, MANDEE. STILL LIFES: (MAYBELLINE NEW YORK PRODUCTS) J MUCKLE/STUDIO D.

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Hi from Ann!

When I first moved to New York as an NYU freshman, there was an ad campaign for the New York lottery that said all you need is a **"dollar and a dream."** It's a catchy phrase that has a pretty great message. It's hard to **imagine** winning piles of money, but it's easy to get carried away dreaming about all the fantastic things you could do with it! (I always fantasized about trips to Paris and wild **shopping sprees**—in fact, I still do!) Lucky for you, this is our **Freebie Issue**—there's something to win on almost every page in the magazine! But don't focus on just the **stuff**—imagine what you'd do if you won. You could go to your dream **college** for free (p. 115)! Or create perfect **makeup** looks every day (p. 14)! Or use your new **computer** to write your first novel (p. 115)! So make sure you enter—because, in the words of another lottery slogan, "You gotta be in it to win it!" ;-) E-mail me at ann@seventeen.com and tell me what you're dying to win in this issue, and what you're going to do with it!

PS: Let's stay in touch all month long! Friend me on Facebook and follow me on Twitter at seventeen.com/friend!

XOXO
-A.

LUCKY GIRLS!

Think no one really wins all those contests we run each issue? Ha! These readers hit the jackpot just by entering—and so can you!



WHAT SHE WON:
a trip to the set of
The Secret Life of the American Teenager!

"Being on the **Secret Life** set was amazing! Shailene was so sweet—we hung out between takes! I also ate lunch with Kenny Baumann (Ben) and he was hilarious! It all felt like a dream!"
-JESSICA, 18, BENNINGTON, VT



WHAT SHE WON:
a full workout wardrobe from Nike!

"I feel as though winning this **workout gear** is a sign that I need to be better about exercising and staying healthy. Now I *want* to work out so I can wear it all. I'm going to get into a bikini this summer and rock it!"
-NADIA, 16, SOMERSET, NJ



WHAT SHE WON:
the entire collection of Softlips lip balm!

"I won so many **lip balms**, I gave some to my friends and family! My favorite is Vanilla Mint—it tastes like mint-chocolate chip ice cream, and I *love* ice cream!"
-BRYANNA, 15, REEDS SPRING, MO



WHAT SHE WON:
\$10,000 CASH!

"I didn't expect to win the **\$10,000 Shopping Spree sweepstakes**. But next thing you know, our doorbell rings and it's a certified letter stating that I actually won! I was so stressed about how I was going to pay for college, and this has made me totally less worried! Thank you from the bottom of my heart, *Seventeen*!"
-HEATHER, 17, ROCKWALL, TX

A special freebie from me to you!

WIN A TRIP TO *seventeen*!

You could get a peek behind the scenes of the magazine and a chance to meet the editors! Plus:

- **A TRIP TO NYC:** Score two round-trip tickets, provided by STA Travel.
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- **LUXE SPA TREATMENTS:** Get pampered at the SpaChakra Spa!
- **A TOUR OF SEVENTEEN:** Meet me and see how we create the mag!
- **BEAUTY BOOTY:** Come raid our beauty closet!

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NIVEA TOUCH AND BE TOUCHED.

get shailene's fresh look

Her character's world on *The Secret Life* may be complicated, but Shailene keeps her makeup totally fuss-free!



mascara
Maybelline New York The Colossal Volum' Express Mascara in Glam Black, \$8, drugstores



Dress by BCBG Max Azria. Necklace by Nicole Miller. Bracelet by Alexis Bittar. Fashion Stylist: Beau Quillian. Hair: Campbell McAuley. Makeup: Fiona Stiles. Photographs: Kenneth Willardt.

lip gloss
Maybelline New York Color Sensational Lip Gloss in Born With It, \$7, drugstores



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eyeliner
Maybelline New York Line Express Eyeliner in Brownish Black, \$6, drugstores

seventeen reader reward

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from
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Bring this issue to any Aéro store to get a tee—for free! The only hard part is choosing which color you want.

Check out seventeen.com/rules for more information!

Starting April 6, 2010, bring a copy of the May 2010 issue of Seventeen and show the page with the featured Aéropostale tee, or a printout of the seventeen.com homepage, to a participating Aéropostale store to receive one (1) tee from Aéropostale. One tee per person; colors may vary. While supplies last. There are 30,000 tees available nationwide. A notice will be posted on seventeen.com when Sponsor has given away all 30,000 tees. RETAILERS: Enter code 98203207 for each transaction.

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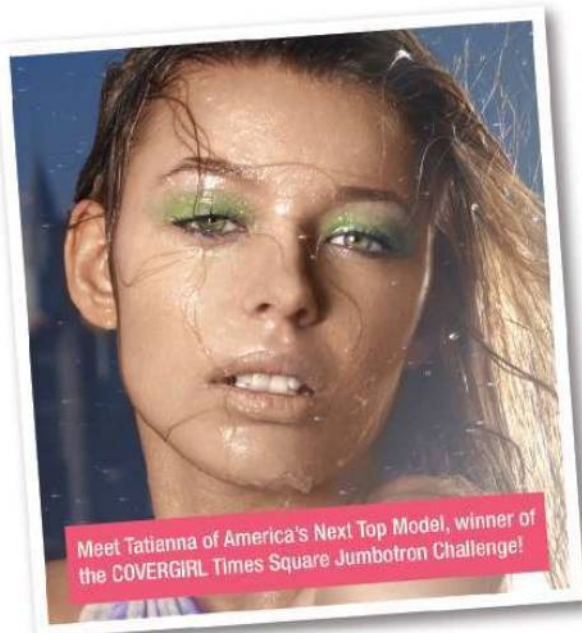
new shineblast with 4X more noticeable shine!*

Introducing **shineblast** – new lip sculpting gloss. Get light-reflecting shimmer, layered under a high gloss finish. Plus, a new makeup artist-inspired applicator, the ShineSculpt™, hugs the curves of your lips. Get shimmer behind the shine. With shineblast.

Take beautiful back: Match your department store shade for less @ covergirl.com

Drew Barrymore is wearing ShineBlast in Fire. easy breezy beautiful COVERGIRL. *vs. bare lips





Meet Tatianna of America's Next Top Model, winner of the COVERGIRL Times Square Jumbotron Challenge!

from runway to anyday!

Try Tatianna's high-fashion glam beauty look for everyday with these insider tips and **COVERGIRL's** must-have products for spring!

1

NEW COVERGIRL shineblast

Sculpt and define your lips with a blast of shimmer and shine

shine on

- Choose your favorite **COVERGIRL ShineBlast** shade (Create a similar look with "Gleam")
- Sweep the ShineSculpt applicator across the top and bottom lips for a sculpted, high-gloss pout



COVERGIRL clean makeup

Keep your skin fresh and flawless, not masky or heavy, with lightweight coverage that lets skin breathe

be flawless

- Choose the **COVERGIRL Clean Makeup** formula that's right for your skin: Normal, Oil-Control, or New Sensitive
- Apply to your cheeks with a foundation brush and blend outwards for even coverage

2



3

NEW COVERGIRL smoky shadowblast

Update your look for spring with a colorful smoky eye. It's like having a makeup artist at your fingertips

show some color

- Select your shade from the six **COVERGIRL Smoky ShadowBlast** stick duos (Create a similar look with "Citrus Flair")
- Sweep the base color over your entire lid, apply the darker color in your crease and blend
- Complete your look with **COVERGIRL LashBlast Length Mascara** for long, "notice me" lashes

COVERGIRL

AMERICA'S NEXT
top model
TUNE IN WEDS 8/7C
THE CW



JESSICA STROUP

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[satin]



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MONDAY

TUESDAY

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THURSDAY

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HOW TO ENTER: Starting May 1, log on to seventeen.com/freebies daily and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours (except the grand prize, which is live all month), beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or page 158 for details.

7 WINNERS

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Jenna Sandals
[buckle]



Jera Studded Heels
[tstrap]



Christian Siriano
Fringe Diva
Peep-Toe Slings
[trendy]



Eliza Flower Flats
[flower]

1 WINNER
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Seeing Flats
[patent]



Laco Gladiator Sandals
[turquoise]



Saloon Flats
[mint]



Cyprus Gladiator Heels
[woven]



Glabella Kitten Heels
[kitten]



Lopez Sandals
[beads]



Cristal Gladiators
[cristal]

2 WINNERS
per day
AMI CLUBWEAR



Caleb Peep-Toe Heels
[sexy]



Shelly Wedge Heels
[fierce]



Taiko Heels
[peach]



Studded Strappy Heels
[brown]



Akemi Peep-Toe Heels
[cobalt]



Kvass Booties
[gray]



Hypnotic
Cutout Booties
[hot]

1 WINNER
per day
BC FOOTWEAR



SOS
Lace-Up
Flats
[purple]



Sweet
Sixteen
Gladiator
Sandals
[gold]



Shipwreck Wedge Heels
[cognac]



Ship Shape Flats
[natural]



First Lady Oxfords
[cute]



One for the Road
Sandals
[blue]



Anchors Away Oxfords
[tie]

1 WINNER
per day
AVON



Studded
Sawyer
Gladiators
[tan]



Studded
Bright
Sandals
[studs]

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necklace

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earrings

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what you think!

Here are the e-mails about the March issue that got us talking!



MY DEAR JOHN

“Thank you for “What I Learned From **Long-Distance** Love”—it was exactly the story of my boyfriend and me. He’s in the army and we **write** letters every week, and he recently got stationed in Germany, just like John in *Dear John*! Tanya’s story made me **realize** that the best way to cope is not to wait by my **mailbox** but to keep myself busy. You know it’s love when your BF **wants** you to be happy on your own.”

—ANGEL, 17, OCEAN ISLE BEACH, NC



lc 4 life

I was really impressed by **Lauren Conrad** in the March issue. I connected with her when she said you should let friends “learn for themselves” in **sticky** situations. It made me think of my little sister, who I always **protect**. Maybe it will help her really get it if I let her make her own mistakes, and then **support** her after. Thanks, LC.



—BRITTANY (RIGHT), 17, ROCKY POINT, NY,
WITH HER SISTER, JENNA, 14

ED DISTRESS



Thank you for “Can You Catch an Eating Disorder?” Someone very **close** to me has an eating disorder—and I hate to admit it, but when I’m **around** her, I sometimes feel the urge to purge. It’s a serious problem for so many girls my age. It seems as if **everyone**

I know has self-esteem issues relating to weight, and we egg each other on without realizing it sometimes. An eating **disorder** can be a vicious cycle, and it’s important to remember that it hurts not only the **victims** but the people who are close to them as well.

—LAUREN, 17, PHILADELPHIA, PA

EXCLUSIVE SNEAK PEEK INTO MEG CABOT’S NEW BOOK!

Mega best-selling author Meg Cabot is the special guest judge of *Seventeen*’s 2010 Fiction Contest, and she has given us an exclusive excerpt from her newest book, *Runaway*:

“In my dream, Christopher was kissing me . . . gently at first, playful kisses on the lips. . . . I opened my eyes with a gasp to find a hand pressed to my mouth. This was no dream. This was really happening.”

Go to seventeen.com/runaway to read more from her book!



Runaway is in stores on April 20!

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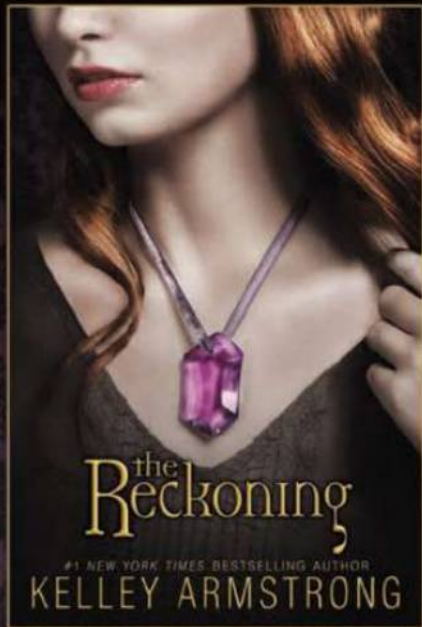
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DOUBLE TROUBLE

“Thank you for “What Guys Really Think About Sex.” My BF and I have always used **two** condoms because we thought it would give us **twice** as much **protection**. Until I read the story, I had no idea that it is actually **less** effective! Now we know that if you're having sex, it's important to use **contraception**—but even more important to use it correctly!”

—JENNA, 18, DENVER, CO

Why do you
think preventing teen
pregnancy is important?
Enter the StayTeen PSA contest!
Visit www.stayteen.org/contest for more
information.

FAST CASH

My friend and I grabbed the March issue when we saw “Make \$150 by Friday” on the **cover**. After all, we're typical broke college kids! We both sold old iPods and a few **cellphones** on **gazelle.com** and made enough money to go shopping for clothes that weekend! We're going to save our **textbooks** this semester and sell them on **chegg.com** too. Thanks, **Seventeen**!

—EMILY, 20, NEWARK, DE

PRINTS CHARMING



I had always been **afraid** to try mixing prints, because I thought **people** would think that I just picked two things off the floor and put them on without looking. Then I saw “The Ultimate Spring Trend Report!” The “just-threw-this-together” vibe actually looked kind of cool on **models** Esther and Romy. I tried it out at school, and have decided that my new rule is that mixed prints are a **fashion** do—as long as they are similar colors and don't overwhelm each other!

—EMILY, 19, TORONTO, ON, CANADA



Emily (right) and her friend Laura saved major dollars!

game changer



Recently I had a **soccer** accident that left me with torn and ruptured ligaments in my knee, plus damage to the cartilage. I love competitive soccer, and after hearing my diagnosis, I was **devastated**. I couldn't imagine not playing. And I was equally terrified **thinking** about the slow recovery process. Bree's story of losing her leg in “Nothing Can Stop Me From Playing Soccer!” was like a sign. Reading about her fight to play again fueled my **determination** to return to the field as soon as possible. Thank you so much for sharing this inspirational story with me and helping me find the **strength** to bounce back.

—ELLIE, 15, FREMONT, CA



CONDOM: WHITE PACKET FOR GETTY IMAGES.

the inner soul manifest... would have green hair, but luckily we are not a alike or this... At one time... her have you thought, even for a seconds how much fun it would be to just let go... something wild and harmless... Decide to take the plunge into pink hair is not for the faint hearted... This is a deep level of... the clothes, to have... give the rest... it is... you see

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fashion

mega SHOP blowout!

Nothing updates an outfit faster than a new pair of shoes! Slip on these four fun trends (plus, get tons of styling tips throughout the section!).

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iPod touch!



Buy these cute shoes now on the *Seventeen* Fashion Finder, our new iPhone app! Download it for free on iTunes!

chains

WIN!
5 winners

sandals

Sizes 6-11, Zigi NY, \$90, amazon.com.

sweater

Sizes 2-12, Topshop, \$70, topshop.com.

dress

Sizes 2-12, Topshop, \$90, topshop.com.

magdalena, 19

REAL GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: THORA AT KATE RYAN INC., USING MAC COSMETICS. ON MAGDALENA: EARRINGS, EXPRESS; NECKLACES, ALL HARAJUKU LOVERS; KNOT BRACELET, URBAN ORIGINAL; GOLD BRACELET, FOREVER 21; RING, SILENT GYPSY.

WIN!

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029

cutout

flats
 Sizes 6-11,
 Olsenboye,
 \$30,
 JCPenney

heels
 Sizes 6-10,
 MIA, \$69,
 Dillard's

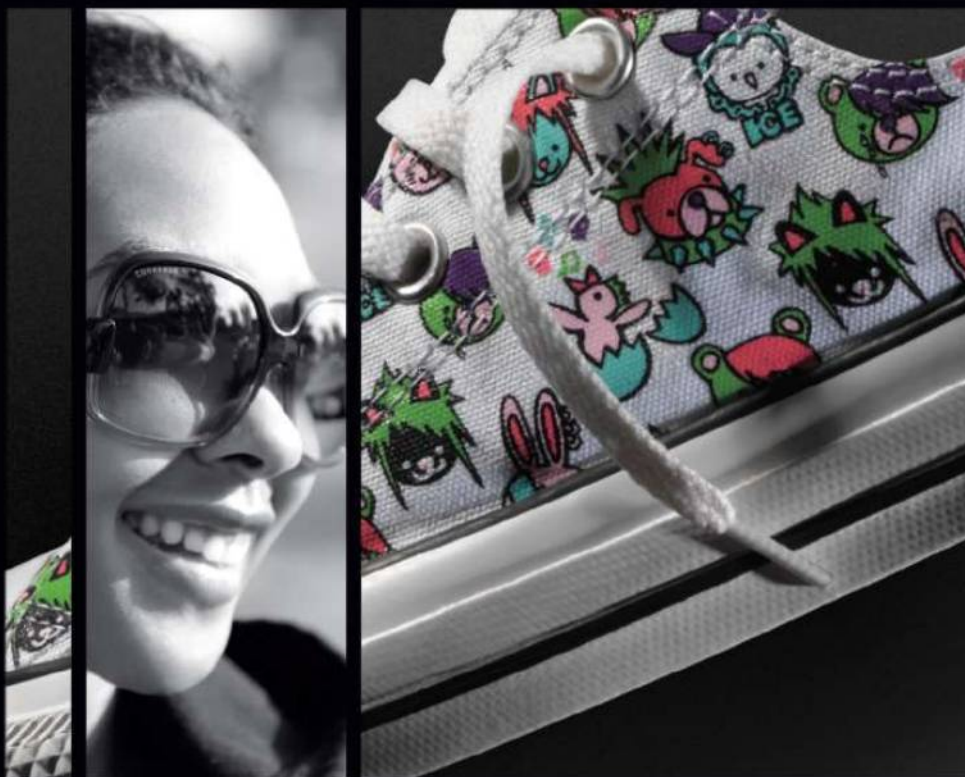
shoes
 Sizes 5-10,
 Penny Loves
 Kenny, \$90, call
 949-650-0479 to
 order.
shirt
 Sizes XXS-XXL,
 American Eagle
 Outfitters, \$35,
 ae.com.
shorts
 Sizes S-L, Delicia,
 \$30, alloy.com.

flats
 Sizes 5-11, Yosi Samra,
 \$100, yosisamra.com

heels
 Sizes 5½-10,
 Chinese
 Laundry, \$89,
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heels
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 Simpson Collection, \$98,
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 .com

flats
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 BC Footwear, \$50,
 endless.com



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Sizes 5-11,
Kenneth Cole, \$59,
800-KEN-COLE

heels
Sizes 5-11,
Carlos by
Carlos
Santana,
\$89, Macy's

flats
Sizes 6-10, Sperry
Top-Sider, \$85,
sperrytopsider.com

heels
Sizes 5½-10,
Chinese Laundry,
\$69,
chinese-laundry
.com

heels
Sizes 6-11,
JCPenney, \$49,
JCPenney.
dress
Sizes S-L,
Judith March, \$88,
monkeesofthevillage
.com.

sandals
Sizes 6-10,
Sam Edelman,
\$79,
Nordstrom

wedges
Sizes 6-10,
Guess, \$99,
Guess stores

heels
Sizes 6-10,
Rampage,
\$49, Macy's

VERA WANG
glam princess



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embellished

heels
Sizes 5-11,
Carlos by Carlos
Santana, \$119,
Macy's

WIN!
Winners



wedges
Sizes 6-11,
Dollhouse,
\$55,
dollhouse
.com

sandals
Sizes 6-10,
Rampage,
\$45, rampage
.com



sandals
Sizes 5-11,
Bakers, \$60,
bakersshoes
.com



flats
Sizes 5-11,
Nine West,
\$60,
Nordstrom



sandals
Sizes 5-9, Steve
Madden, \$80,
stevemadden.com

flats
Sizes 5-11,
4-11th, \$27,
nationaljeancompany
.com

jeans
Sizes XS-XL, The
Legging by Joe's, \$84,
joesjeans.com



heels
Sizes 5 1/2-10,
Paprika, \$40,
cutesygirl.com



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19.99 pink romper | 24.99 white dress | 34.99 sandal | 14.99 graphic tee

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WIN!
2 winners

heels
Sizes 5½-10,
Chinese Laundry,
\$99,
chinese-laundry
.com

"I love that these sky-high open-toed heels are feminine but edgy too!"

—CLAIRE, 17



sandals
Sizes 6-10,
Kelsi Dagger,
\$90,
kelsidagger
.com

"The bold colors make these sandals really unique, and they're comfy enough that I could wear them anywhere!"

—ESTHER, 21

my shoe obsession

Check out the cool trends these Style Council girls are lusting after, and steal some shoe inspiration for yourself.

"My favorite thing about these is that they're high-tops—they make so much more of a statement than normal sneakers! Plus, the colors are really fun, and now that it's spring, I want to spice up my outfits with something bright!"

—ANYA, 21



sneakers
Sizes 5-11,
DC, \$100,
dcshoes.com

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flawless looking skin
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038137-020093



right shoes, wrong clothes

Shoes can definitely make—or break—an outfit. Learn from these celeb missteps and look amazing in all the new trends!



BOOTIES

OH NO!



A complicated hem and a mega belt are overkill with chunky trendy booties. Better to keep it simple!



OH YES!

With a short sleek skirt and a solid tucked-in top, high-heeled booties highlight your legs. Since everything else is simple, you can get away with something fun on top, like a sparkly jacket.

NUDE HEELS

OH NO!



Never wear dark tights with light shoes—the combo looks harsh, and breaks up the line of your legs!



OH YES!

Nude heels with bare legs make you look lean and tall! For a floaty, pretty feel, pair them with an equally light dress.

T-STRAPS

OH NO!



The ankle straps cut you off—and make bare legs below a knee-length dress look stumpy and short.



OH YES!

A monochromatic silhouette is flattering but dark. With cutouts in your shoes, you can show just enough skin to keep the outfit from looking too severe. Add a glam touch, like this capelet, to play up the fierceness of the shoes.

BIKER BOOTS

OH NO!



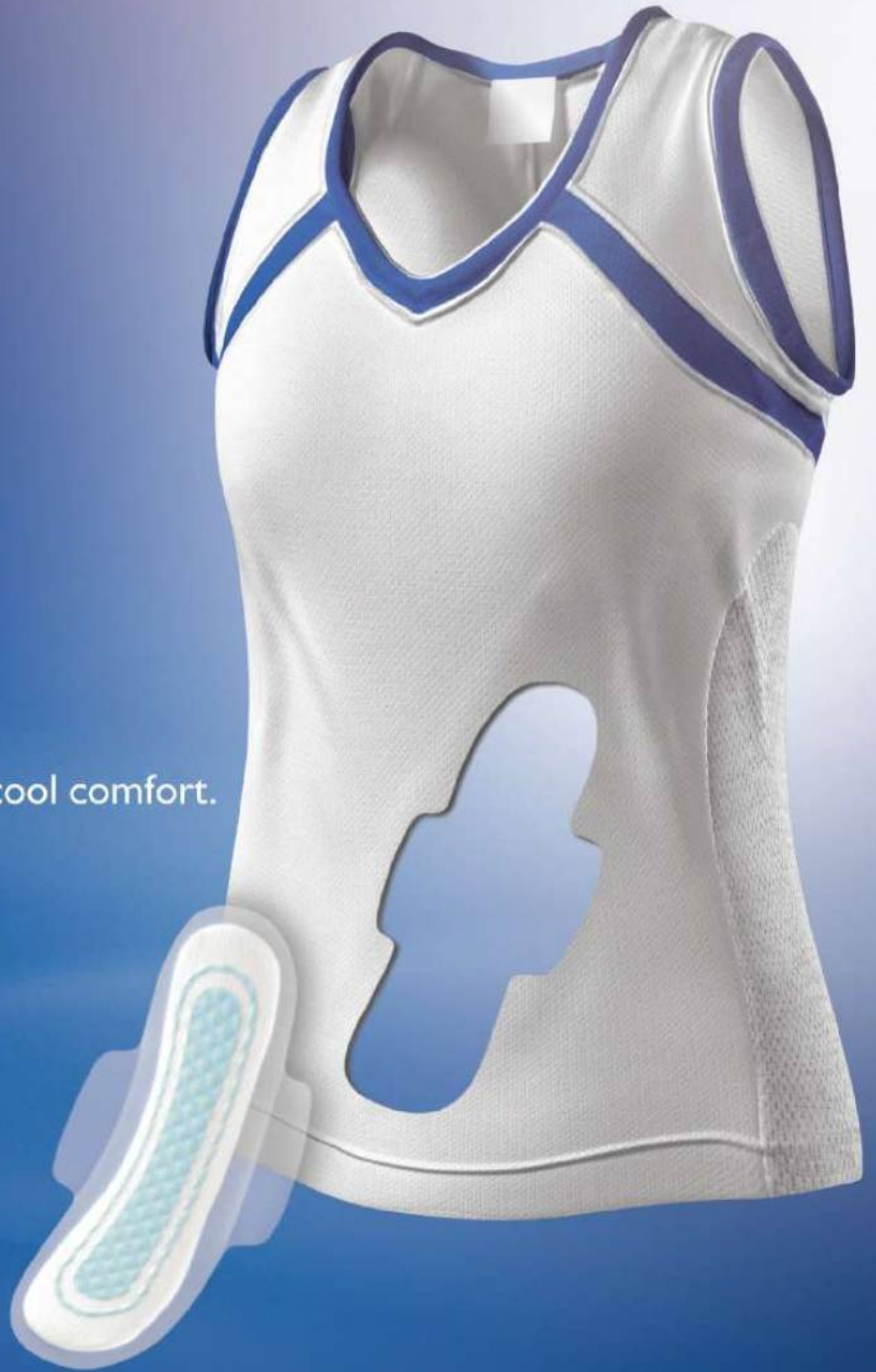
These boots look too heavy against all that bare skin. With a slouchy off-the-shoulder top and a micromini, broken-in boots end up sloppy instead of cool.



OH YES!

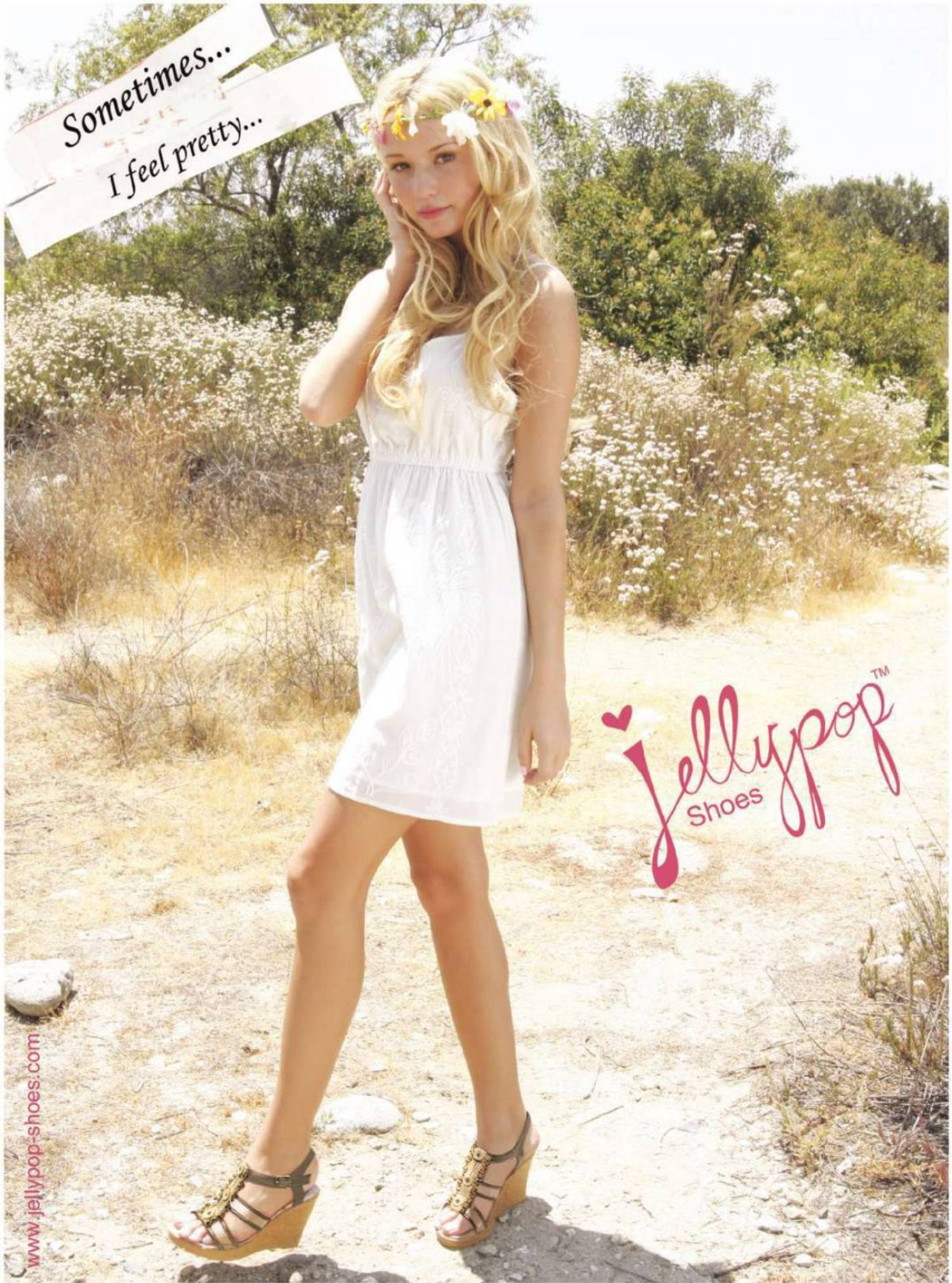
With flirty lace tights and a little black dress (that's not too short), these boots add edge and keep your outfit from looking overly sexy.

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FLATS



edgy
Sizes 5½-11,
Zigi Soho, \$40,
Journeys stores



tribal
Sizes 5½-11, Cynthia
Vincent for Target,
\$25, target.com



canvas
Sizes 5½-12,
Zoe&Zac, \$25, select
Payless ShoeSource
stores

SANDALS



embellished
Sizes 5-11,
Zigi Soho,
\$50, Journeys
stores



pink
Sizes 5½-11,
Cynthia Vincent
for Target,
\$25, select
Target stores



woven
Sizes 5-12, American
Eagle by Payless,
\$23, select Payless
ShoeSource stores

HEELS



cutout
Sizes 5½-11,
Icora, \$40,
Journeys stores



gladiator
Sizes 5½-11,
Cynthia Vincent
for Target,
\$30, select
Target stores



neutral
Sizes 5-12,
Payless,
\$27, select
Payless
ShoeSource
stores

WEDGES



ultra-high
Sizes 5½-10,
Icora, \$40,
Journeys stores



appliqué
Sizes 5½-11,
Xhilaration,
\$20, select
Target stores



peep-toe
Sizes 5-12, American
Eagle by Payless,
\$25, select Payless
ShoeSource stores

SNEAKERS



high-top
Sizes 6-11, Nike,
\$80, Journeys
stores



laceless
Sizes 5½-11,
Converse One Star,
\$35, target.com



floral
Sizes 5-12,
Payless, \$17,
select Payless
ShoeSource stores

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shiny

Sizes 5½–10, Jessica Simpson, \$69, piperlime.com



gold

Sizes 6–10, Dolce Vita, \$60, piperlime.com



stacked heel

Sizes 5½–11, DKNYC, \$80, piperlime.com



retro

Sizes 6–10, Hive & Honey, \$98, piperlime.com



classic

Sizes 36–41, Bensimon, \$55, piperlime.com



NINE WEST

patent

Sizes 5–12, Nine West, \$69, ninewest.com



ankle-strap

Sizes 5–12, Nine West Vintage America Collection, \$69, Nine West stores



stiletto

Sizes 5–12, Nine West, \$89, select Nordstrom



buckled

Sizes 5–12, Nine West, \$79, Nine West stores



striped

Sizes 5–12, New Balance for Nine West, \$89, Nine West stores



JCPenney

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ruffled

Sizes 6–11, Decree by JCPenney, \$34, JCPenney



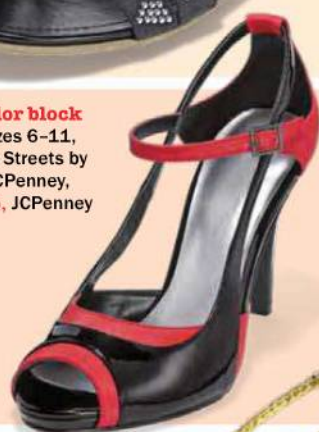
studded

Sizes 6–11, Decree by JCPenney, \$30, JCPenney



color block

Sizes 6–11, City Streets by JCPenney, \$25, JCPenney



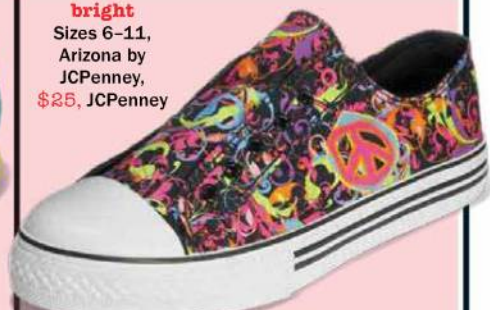
braided

Sizes 5–11, Bisou Bisou for JCPenney, \$49, JCPenney



bright

Sizes 6–11, Arizona by JCPenney, \$25, JCPenney



WIN!
30 winners

shoe secrets for you

Deals, trends, and ideas so great your toes will tingle!

shalyn, 18

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sneakers

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fun new designs

CYNTHIA ROWLEY FOR ROXY

Surf-inspired stuff is everywhere right now—even girly designer Cynthia Rowley is doing her take on the trend.

Try it with these sporty-chic shoes she designed for Roxy!

shoes

Sizes 6-10, Cynthia Rowley for Roxy, \$98, roxy.com and Barneys stores



**cute
steal**

OLD NAVY

You can't get through summer without flip-flops, and these \$4 pairs mean you can get a different color for every one of your favorite outfits. Score!

flip-flops

Sizes 5-11, Old Navy, \$4, Old Navy stores



**get a
personal
shopper!**

SHOEDAZZLE.COM

For \$40 a month, you get a new perfect-for-you pair of shoes mailed to you each month. Sign up, take a style survey, and get five different options (selected just for you by stylists) to pick from!

heels

Sizes 5½-10, ShoeDazzle, \$40, shoedazzle.com



high-tech hotness

ADIDAS

These bright, funky sneakers have a code printed on the tongue that lets you into a 3-D Adidas virtual world when you hold it up to a webcam. Even better, once you're in there, you can play fun skateboarding and DJ games, using your shoe as the controller!

sneakers

Sizes 6½-14, Adidas Originals, \$65, eastbay.com



Fashion at Your Fingertips

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NEW
CHROME
SHADES

COLOR QUICK NAIL COLOR PENS & NAIL ART PENS



GET A MANICURE IN MINUTES

Just Click, Color & Go! It's fast, easy and flawless. Nail color dries quickly. Conditioning formula with Panthenol, Vitamins and UV Protector.

8 new chromes



EXPRESS YOURSELF

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8 fun, fashion shades



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SPORTY

It's Jessica from
**AMERICA'S NEXT
TOP MODEL!**
Tune in to The CW
on Wednesdays
at 8/7c.

WIN!
10 winners

dress
Sizes XS-XL,
O'Neill, \$50,
oneill.com.

dress
Sizes XS-L, Cavi,
\$78, Macy's.
watch
Nixon, \$100,
nixonnow.com.

dress
Sizes 3-13,
Sequin Hearts,
\$59, Macy's.
belt
Forever 21, \$8,
select Forever 21
stores.

dress
Sizes XS-L,
DC Shoes, \$38,
dcshoes.com.
sunglasses
Fantas-Eyes, \$22,
victoriasecret
.com.

dress
Sizes XS-XL,
Route 66, \$17,
select Kmart
stores.
sneakers
Sizes 4-13,
PF Flyers, \$50,
pfflyers.com.

dress
Sizes S-XL,
Aéropostale,
\$25, Aéropostale
stores.
necklace
M. Haskell,
\$20, call
212-764-3332
to order.

WIN!

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EDGY

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TOP MODEL!**
Tune in to The CW
on Wednesdays
at 8/7 c.



dress
Sizes S-L, Lulu's,
\$33, lulus.com.
shoes
Sizes 6-10,
Old Navy, \$25,
Old Navy stores.

dress
Sizes S-L,
Johnny
Martin,
\$50,
getthatstyle
.com.



dress
Sizes S-L, Say
What?, \$30,
saywhatny
.com.
necklace
Forever 21,
\$10, select
Forever 21 stores.



dress
Sizes XS-XL,
Fox, \$46,
fox-girl.com.
bag
H&M, \$18,
H&M stores.



dress
Sizes 3-13, BCX,
\$59, Macy's.
belt
Forever 21,
\$11, select
Forever 21
stores.



dress
Sizes XS-XL,
Lost, \$38,
PacSun stores.
earrings
Forever 21, \$6,
select Forever 21
stores.



IRINA PHOTOGRAPHED BY JUERGEN TELLER

DAISY

MARC JACOBS

THE FRAGRANCE FOR WOMEN

SEPHORA

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BOHO

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TOP MODEL!**
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on Wednesdays
at 8/7c.

dress
Sizes
XXS-XXL,
Aerie, \$35,
aerie.com.

dress
Sizes S-L, Judith March,
\$88, modcloth.com.

bangles
Small bangles,
Say What?, \$8 each,
saywhatny.com; large
purple bangle,
AMI Clubwear, \$4,
amiclubwear.com.

dress
Sizes XS-XL,
O'Neill, \$42,
oneill.com.
scarf
Diesel, \$65,
Diesel stores.

dress
Sizes XS-XL,
Liberty of London
for Target, \$30,
select Target stores.

shoes
Sizes 5-11, Carlos
by Carlos Santana,
\$110, carlosshoes
.com.

dress
Sizes S-L, Vintage
Havana, \$57,
shopvintagehavana
.com.

necklace
ShoptheLook.net,
\$14, shopthelook
.net.

dress
Sizes XXS-XXL,
American Eagle
Outfitters, \$40,
ae.com.

earrings
Lulu's, \$11,
lulus.com.

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STUDDED BRACELETS, ALL FOREVER 21; SOCKS, HUE; SHOES, URBAN ORIGINAL.



Not happy with the results you're getting from your acne treatment?

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Epiduo®
(adapalene and benzoyl
peroxide) Gel 0.1% / 2.5%

Epiduo® Gel is indicated for the topical treatment of acne vulgaris in patients 12 years and older. Apply to affected skin once per day, avoiding the eyes, lips and mucous membranes. Common adverse events associated with use of Epiduo® Gel are redness, scaling, dryness, stinging and burning. You may also experience contact dermatitis and/or skin irritation. These side effects typically resolve during the first four weeks of treatment, but speak to your doctor if they persist. Avoid excessive exposure to sunlight and sunlamps while using Epiduo® Gel, and use of sunscreen products and protective clothing is recommended. Do not use irritating topical products that contain resorcinol, salicylic acid or sulfur. Pregnancy Category C.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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of dermatology

EPIDUO™

(adapalene and benzoyl peroxide) Gel 0.1% / 2.5%

Rx only

For Topical Use Only

Not For Ophthalmic, Oral, or Intravaginal Use.

BRIEF SUMMARY

INDICATIONS AND USAGE

EPIDUO Gel is a combination of adapalene, a retinoid, and benzoyl peroxide, and is indicated for the topical treatment of acne vulgaris in patients 12 years of age and older.

CONTRAINDICATIONS

None.

WARNINGS AND PRECAUTIONS

Ultraviolet Light and Environmental Exposure: Avoid exposure to sunlight and sunlamps. Wear sunscreen when sun exposure cannot be avoided. Erythema, scaling, dryness, and stinging/burning may occur with use of EPIDUO Gel.

ADVERSE REACTIONS

Observed local adverse reactions in patients treated with EPIDUO Gel were erythema, scaling, dryness, stinging, and burning. Other most commonly reported adverse events ($\geq 1\%$) in patients treated with EPIDUO Gel were dry skin, contact dermatitis, application site burning, application site irritation, skin irritation.

DRUG INTERACTIONS

Exercise caution in using preparations containing sulfur, resorcinol, or salicylic acid, medicated or abrasive soaps and cleansers and products with high concentrations of alcohol or astringents in combination with EPIDUO Gel. Concomitant use of topical products with a strong drying effect can increase irritation. Use with caution.

Pregnancy

Pregnancy Category C. There are no well-controlled trials in pregnant women treated with EPIDUO Gel. Animal reproduction studies have not been conducted with the combination gel or benzoyl peroxide. Furthermore, such studies are not always predictive of human response; therefore, EPIDUO Gel should be used during pregnancy only if the potential benefit justifies the risk to the fetus. No teratogenic effects were observed in rats treated with oral doses of 0.15 to 5.0 mg adapalene/kg/day, up to 25 times (mg/m²/day) the maximum recommended human dose (MRHD) of 2 grams of EPIDUO Gel. However, teratogenic changes were observed in rats and rabbits when treated with oral doses of ≥ 25 mg adapalene/kg/day representing 123 and 246 times MRHD, respectively. Findings included cleft palate, microphthalmia, encephalocele and skeletal abnormalities in rats; and umbilical hernia, exophthalmos and kidney and skeletal abnormalities in rabbits. Dermal teratology studies conducted in rats and rabbits at doses of 0.6-6.0 mg adapalene/kg/day [25-59 times (mg/m²) the MRHD] exhibited no fetotoxicity and only minimal increases in supernumerary ribs in both species and delayed ossification in rabbits.

Nursing Mothers

It is not known whether adapalene or benzoyl peroxide is excreted in human milk following use of EPIDUO Gel. Because many drugs are excreted in human milk, caution should be exercised when EPIDUO Gel is administered to a nursing woman.

Pediatric Use

Safety and effectiveness of EPIDUO Gel in pediatric patients under the age of 12 have not been established.

Geriatric Use

Clinical studies of EPIDUO Gel did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No carcinogenicity, photocarcinogenicity, genotoxicity, or fertility studies were conducted with EPIDUO Gel.

Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.4, 1.3, and 4.0 mg/kg/day (1.2, 3.9, and 12 mg/m²/day), and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day (0.9, 3.0, and 9.0 mg/m²/day). In terms of body surface area, the highest dose levels are 9.8 (mice) and 7.4 times (rats) the MRHD of 2 grams of EPIDUO Gel. In the rat study, an increased incidence of benign and malignant pheochromocytomas in the adrenal medulla of male rats was observed.

No significant increase in tumor formation was observed in rodents topically treated with 15-25% benzoyl peroxide carbopol gel (6-10 times the concentration of benzoyl peroxide in EPIDUO Gel) for two years. Rats received maximum daily applications of 138 (males) and 205 (females) mg benzoyl peroxide/kg. In terms of body surface area, these levels are 27-40 times the MRHD. Similar results were obtained in mice topically treated with 25% benzoyl peroxide carbopol gel for 56 weeks followed by intermittent treatment with 15% benzoyl peroxide carbopol gel

for rest of the 2 years study period, and in mice topically treated with 5% benzoyl peroxide carbopol gel for two years.

The role of benzoyl peroxide as a tumor promoter has been well established in several animal species. However, the significance of this finding in humans is unknown.

In a photocarcinogenicity study conducted with 5% benzoyl peroxide carbopol gel, no increase in UV-induced tumor formation was observed in hairless mice topically treated for 40 weeks.

No photocarcinogenicity studies were conducted with adapalene. However, animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or sunlight. Although the significance of these findings to humans is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial irradiation sources.

Adapalene did not exhibit mutagenic or genotoxic effects *in vitro* (Ames test, Chinese hamster ovary cell assay, mouse lymphoma TK assay) or *in vivo* (mouse micronucleus test).

Bacterial mutagenicity assays (Ames test) with benzoyl peroxide has provided mixed results, mutagenic potential was observed in a few but not in a majority of investigations. Benzoyl peroxide has been shown to produce single-strand DNA breaks in human bronchial epithelial and mouse epidermal cells, it has caused DNA-protein cross-links in the human cells, and has also induced a dose-dependent increase in sister chromatid exchanges in Chinese hamster ovary cells.

In rat oral studies, 20 mg adapalene/kg/day (120 mg/m²/day; 98 times the MRHD based on mg/m²/day comparison) did not affect the reproductive performance and fertility of F₀ males and females, or growth, development and reproductive function of F₁ offspring.

No fertility studies were conducted with benzoyl peroxide.

PATIENT COUNSELING INFORMATION

- Advise patients to cleanse the area to be treated with a mild or soapless cleanser; pat dry. Apply EPIDUO Gel as a thin layer, avoiding the eyes, lips and mucous membranes.
- Advise patients not to use more than the recommended amount and not to apply more than once daily as this will not produce faster results, but may increase irritation.
- EPIDUO Gel may cause irritation such as erythema, scaling, dryness, stinging or burning.
- Advise patients to minimize exposure to sunlight, including sunlamps. Recommend the use of sunscreen products and protective apparel, (e.g., hat) when exposure cannot be avoided.
- EPIDUO Gel may bleach hair and colored fabric.

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Fort Worth, Texas 76177 USA

Manufactured by:

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P51356-0



Cut Mother Nature down to size.

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TAMPAX



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You'll stop traffic—literally—with these sexy studded denim leggings from **Celebrity Pink!**

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1. The studs down the sides are tough and glam without being *too* flashy.
2. Their *skinny* fit hugs your curves and shows off the long line of your legs.
3. The *distressed* finish is subtle, so it looks hand-shaded like super-pricey designer pairs.

jeans
Sizes S–XL,
Celebrity
Pink, \$30,
Macy's

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a pair you'll want to
wear everywhere!

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Mathew Nigara shares his secrets
for irresistible looks.

Model is wearing In A New York Color Minute Nail Polish Park Avenue, IndividualEyes Custom Compact Bryant Park, Extreme Lip Glider Lip Gloss Plaza Punch, Blushable Creme Stick Big Apple Blush. *Prices may vary.

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zac posen's fashion diary

Zac is known for making beautiful high-end dresses for celebs, but this Target line is just for you!



"The Zac Posen girl is creative, whether it's with her art, her avatar, her Facebook page, or her clothes. And because of the confidence the clothing gives her, she is in control and the object of desire. And of course, she's fun!"

-ZAC POSEN

"This is our **Lady Gaga** tribute. For nighttime, Gaga it up! A big part of getting noticed is dressing like you're going to be somebody."



bodysuit
Sizes XS-XL,
Zac Posen for
Target, \$35



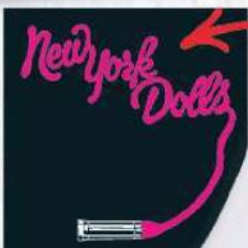
All of the snaps connect, so you can drape this dress any way you want!



dress
Sizes 1-15,
Zac Posen for
Target, \$70

WIN!

5 winners will receive a \$100 Target gift card! Enter code (zac) at seventeen.com/freebies.



Zac

"This is my version of the **New York Dolls** T-shirt. I was looking at a lot of cool iconic rock-and-roll images for inspiration."

tank
Sizes XS-XL,
Zac Posen for
Target, \$17

Natalie Portman in Zac Posen's trumpet dress in 2002



"Since I was 3 years old watching 'Thriller,' I have always wanted a **Michael Jackson** jacket!"

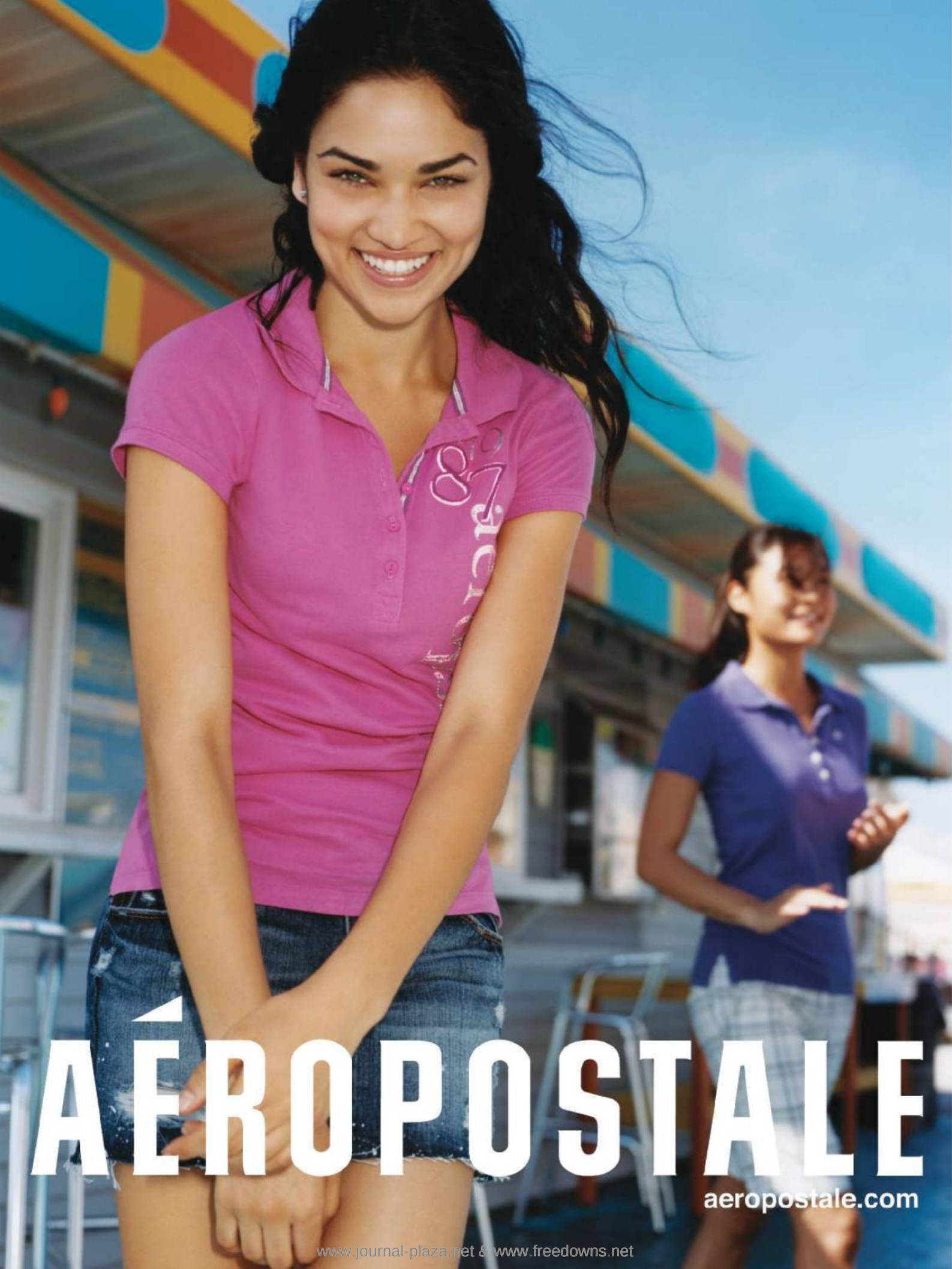
jacket
Sizes XS-XL,
Zac Posen for
Target, \$200



"This **trumpet dress** has a really big place in my heart, because that's the shape I started my business with."

dress
Sizes 1-15,
Zac Posen for
Target, \$40





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beauty

look

**NATURALLY
PRETTY!**

The beauty of these amazing new products is that they give you a
glowy insta-boost in an I'm-not-even-trying kind of way! BY heather muir

LIGHT UP YOUR SKIN!

Luminous skin is one step away when you dust on a powder with light-reflecting particles—the finely crushed minerals give your skin subtle shimmer without making you glitter like a disco ball. This one packs SPF 20 to keep your skin protected too!

try: Neutrogena Mineral Sheers Loose Powder Foundation with Purescreen SPF 20, \$14, drugstores; Mally Blush Brush, \$30, mallybeauty.com

GET A GLOWY COMPLEXION!

Even if you're cooped up interning in a windowless office all day, you can look sun-kissed with a multitoned highlighter! This one combines coral, soft pink, and gold to give your skin a healthy just-back-from-vacay glow. Swirl a fluffy brush into the powder, then dust on cheeks, forehead, nose, and chin.

try: MAC To the Beach High-Light Powder in Marine Life, \$26, maccosmetics.com

ERASE PORES!

For flawless-looking skin, smooth on this sun-shielding tinted moisturizer—it will even out redness and hydrate any sun-dried, flaky patches. Best part: It's so light, you won't look like you're wearing a drop of makeup!

try: Physicians Formula Healthy Wear SPF 50 Tinted Moisturizer, \$16, drugstores

*it's water-
and sweat-
proof!*

BRIGHTEN YOUR EYES!

Bring a hint of glimmer to your eyes with a soft, creamy shimmer. This mauve-y shade works on every skin tone, adding a subtle highlight to brighten your whole face. Glide the cream along your top lids and a dab in your inner corners for extra sparkle.

try: E.l.f. Liquid Eyeshadow in Misty Mauve, \$1, eyeslipsface.com

*dries silky
smooth &
won't crease
or smear!*

SWEETEN YOUR LIPS!

For a perfect pop of color (like your natural lip color amped up one notch), draw on this pinky-peach lip marker. Bonus: It has super-staying power—even through a steamy summer makeout session!

try: Pixi Lip Blush in Youth, \$18, Target stores

WIN!
150 winners

WIN!

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A HEAD-TO-TOE GUIDE TO FINDING THE PERFECT PROM LOOK THIS SEASON

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PROM

SWEEPSTAKES

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INFINITYTAMPAX
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2-minute style swaps

You never know how quickly you'll have to switch from school to party mode. These cute ideas make it easy. **BY** heather muir

classic
LIKE MILA KUNIS

SCHOOL...

... PARTY!

HOW-TO: Some school days call for a look that's a little more polished. To get sleek volume, finger-comb a dollop of smoothing cream through damp hair, then blow-dry, curling under with a round brush.

try: Pantene Pro-V Smooth Humidity Protection Leave-In Cream, \$4, drugstores

**smooth
blowout**

**glam
pony**

HOW-TO: Need a sweet look quick? Gather already-sleek strands into an ear-level ponytail. Take a two-inch section from underneath your pony and wrap it around, hiding your elastic. Add a glossy sheen by lightly coating your pony with a shine serum.

try: David Babaii for Wildaid Hair Polish, \$10, db4wildaid.com

girly
LIKE WHITNEY PORT

HOW-TO: Feel pretty and trendy with these half-up ripples! Hold a curling iron vertically and wrap three-inch sections of hair around the barrel. Then gather the hair above your ears into a loose half-up.

try: TIGI Bed Head ¾ Inch Tourmaline Ceramic Curling Iron, \$30, folica.com

**textured
half-up**

**faux
bob**

HOW-TO: Spend more time partying and less time in front of the mirror with this flirty faux do. Take down your half-up style and pull curls into a low pony, leaving a few pieces around your face. Starting at the bottom of the pony, roll hair under until you reach your scalp; secure with long bobby pins that match your hair color.

try: RickyCare Invisipins, \$3 for pack of 30, rickysnyc.com

boho
LIKE VANESSA HUDGENS

HOW-TO: Turn second-day hair into breezy braids. Run a dime-size drop of anti-frizz serum over dry hair, then braid your longest layers into two low pigtales—leave your shortest layers loose.

try: Samy Ultra-Lightweight Conditioning Serum, \$5, Walgreens stores

**messy
braids**

**beachy
waves**

HOW-TO: Look ultra-sexy in seconds. Undo your braids (guys love this textured look!), and sweep your bangs over to one side. Spritz a wave-enhancing spray all over for hold.

try: Aussie Catch the Wave Sprunch Hair Spray, \$4, drugstores

WIN! ENTER CODE [WAVES] AT SEVENTEEN.COM/FREEBIES.

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STILL LIVES: J. MUCKLE/STUDIO D. KUNIS: (SCHOOL) VERA ANDERSON/WIREIMAGE; (PARTY) MAIN: ALBERTO E. RODRIGUEZ/GETTY IMAGES; (PARTY) INSET: JON KOPALOFF/FILMMAGIC. PORT: (SCHOOL) MICHAEL BUCKNER/GETTY IMAGES; (PARTY) CHRISTOPHER POLY/GETTY IMAGES FOR US WEEKLY; HUDGENS: (SCHOOL) FLYNET PICTURES; (PARTY) JEFFREY MAYER/WIREIMAGE.

According to a survey on Always.com,

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GET TAYLOR SWIFT'S FLIRTY VIBE

by **Jami, 17**

"The secret is balancing the bold eyeliner and bright lips. The silver shadow lightens the smoky eyes, while the cherry gloss avoids an overdone lipstick look."

STEP 2

"Go for a subtle flush, like Taylor's, by using your fingers to blend a peachy cream blush onto just the apples of your cheeks."

try: Nyx Cosmetics Rouge Cream Blush in Natural, \$6, nyxcosmetics.com

STEP 1

"Get Taylor's super-defined eyes by using an angled eyeliner brush to trace a black cream liner along top and bottom lashlines, first outside, then inside rims. Brighten the look by dotting a shimmery silver shadow in the inner corners of your eyes."

try: Mark Keep It Going Longwear Eyeliner and Eyeshadow in Entourage, \$10, meetmark.com; Maybelline New York Angled Definer Brush, \$6, drugstores

STEP 3

"Get the perfect red pout—Taylor style—by swiping on a cherry-stained gloss. Pat down the shine with a tissue to avoid looking too glossy (or trashy!)."

try: MAC Pro Longwear Lipcolour in Lasting Lust, \$21, maccosmetics.com

look like a star!

Need some new makeup ideas? The Smarties show you how to ace your fave celeb's signature styles! **by heather muir**

HOW-TO:

1 Intensify your eyes.



"Get Kim's dramatic eyes by dusting a chocolate eyeshadow over your lids, then a deeper brown shade into your creases. Kick it up a notch by lining your top and bottom lashlines with black liner. Smudge it out with your finger, then layer the brown shadow over the liner for intensity."

2 Get ultra-lush lashes.



"Bat major lashes by wiggling your mascara wand from the base of your lashes all the way to your ends. Repeat three times, then hold your wand vertically and swipe from right to left to coat lashes from all angles."

3 Get the perfect pout.



"Copy Kim's shiny lip look by gliding on a creamy nude-pink lip gloss—the hint of pink will keep you from looking washed out."

SCORE KIM KARDASHIAN'S SULTRY LOOK

by **Cindy, 22**

"This is my favorite look for a party! Keep the lips and cheeks soft, so the focus stays on the eyes."



try: Essence Smokey Eyes Set in Punk Vibe, \$3, ULTA stores; CoverGirl Exact Eyelights Eye-Brightening Eyeliner in Vibrant Pearl, \$7, drugstores; Maybelline New York Lash Stiletto Voluminous Mascara in Very Black, \$9, drugstores; Revlon ColorStay Mineral Lipgaze in Timeless Nude, \$9, drugstores



vote!
SEVENTEEN'S "ULTIMATE LOOK" CONTEST:
Tons of readers submitted their most creative makeup looks for Rimmel London—now you get to pick your favorite! Go to seventeen.com/ultimatelook to check out the five finalists and vote now.

WIN!

ENTER CODE [WINK] AT SEVENTEEN.COM/FREEBIES.

REAL-GIRL PHOTOS: SARPA FLEUR/STUDIO D. HAIR: (JAMI) TYLER LASWELL FOR TRESMM/CONTACTNYC.COM; (CINDY) ALBERTO GUZMAN FOR TRESMM AT JUDY CASEY, INC. MAKEUP: (JAMI) BERTA CAMAL AT JED ROOT INC.; (CINDY) BRIAN DUPREY FOR NARS COSMETICS; ON JAMI: DRESS: BCBG; EARRINGS: URBAN ORIGINAL; ON CINDY: TOP: REBECCA TAYLOR; EARRINGS: LULU'S; STILL LIFES: J. MUCKLE/STUDIO D. SWIFT: JASON MERRITT/GETTY IMAGES FOR PCA; KARDASHIAN: JEAN BAPTISTE LACROIX/WIREIMAGE.

Ever tried sliding
down a
bobsled run naked?



Ever tried  Gum?
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has more info!

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CHECK IT OUT!

Clinique & Seventeen Invite You To Sun Smarts!

As the weather heats up, it's more important than ever to make your skin a number one priority. Clinique and Seventeen are hosting **Sun Smarts** in-store events all around the country, and you're invited! Join us for a complimentary **Clinique consultation**, listen to the hottest music and be one of the first 100 clients to make any Clinique purchase at the event and receive a **free Sun Smarts beach bag!*** Smartie pants, now is your time to shine with clear, healthy and protected skin!

All events will take place at the Clinique Makeup Counter:

Saturday, April 17th (2-4PM)
Macy's Woodfield, Schaumburg, IL

Saturday, April 17th (2-4PM)
Macy's West County Center, St. Louis, MO

Saturday, April 24th (2-4PM)
Macy's Victoria Gardens, Rancho Cucamonga, CA

Saturday, April 24th (2-4PM)
Nordstrom Fashion Island, Newport Beach, CA

Saturday, April 24th (2-4PM)
Nordstrom Bellevue Square, Bellevue, WA

Thursday, April 29th (6-8PM)
Bloomington's 59th Street

Saturday, May 1st (2-4PM)
Macy's Ridgedale Center, Minnetonka, MN

Saturday, May 1st (2-4PM)
Bloomington's The Shops at Riverside

Saturday, May 8th (2-4PM)
Macy's Mall at Millenia, Orlando, FL

Saturday, May 8th (2-4PM)
Dillard's North East Mall, Hurst, TX



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*One to a client, while supplies last.

Journeys Backyard BBQ

Seventeen is back for a second serving of the **Journeys Backyard BBQ**—a FREE, all-ages event featuring Skate, BMX and Freestyle MX demos by Ryan Sheckler, Rob Dyrdek and Carey Hart. You can also check out live musical performances by Forever The Sickest Kids, Switchfoot and Anberlin. Plus, Seventeen is hosting a "**Tent of Style**" where you can get a body art design, win tons of prizes, take home freebies from sponsors like **Splat™**, and so much more! For more info about this FREE event, go to journeysbbq.com.

Saturday, May 8th (12-7PM)
Galleria at Roseville, Sacramento, CA

Saturday, May 15th (12-7PM)
Stonebriar Centre, Dallas, TX



BRITNEY SPEARS™ CIRCUS fantasy Sweepstakes

Unleash the magic and make your fantasy a reality. Enter the **BRITNEY SPEARS™ CIRCUS fantasy Sweepstakes** for your chance to win a **\$1,000 shopping spree at Kohl's**, a tote filled with *Seventeen* goodies, an exclusive **BRITNEY SPEARS™ CIRCUS** fantasy 2-track CD and a 3.3oz/100ml bottle of **BRITNEY SPEARS™ CIRCUS** fantasy perfume.

To enter to go seventeen.com/circusfantasy!



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Clinique, the Skin Cancer Foundation, DoSomething.org, Mighty Tees, and the American Academy of Dermatology.

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GUIDE TO fun *in the* sun!

There's nothing fake about these girls except their *faux* tan. Why risk scorching *your* skin when you can get a healthy glow the super-safe way? BY meredith gray

- Get your bronziest (faux!) tan ever.
- See what tanning beds do to your body.
- Learn how to be safe in the sun!



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the tan you could be *risking* your life for

Even if you use a tanning bed only once in your teens, your risk for melanoma—the deadliest skin cancer—increases by 75 percent. But it's easy to stop this harmful beauty habit when you know the facts.



"I GOT SKIN CANCER AT 17!"

Katie learned the hard way how harmful tanning beds can be.

I tried tanning for the first time in sixth grade. I was a cheerleader, and I felt like the pale girl on the team. Everyone on the squad was tanning, and I wasn't the best one either, so it seemed like I really stood out. We had the same outfits and makeup, so we thought our skin tones should match too. Plus, tanning before a competition gave me confidence, because it helped me blend in with my team. By

the time I got to high school, I was tanning every other day. My family even *bought* me a tanning bed! We hoped it would save money—the monthly payments were \$75, and I'd been spending \$100 a month to tan at the salon. That summer, I noticed a strange mole on my leg. I had read a story in *Seventeen* about checking moles, and some of the descriptions of the abnormal ones matched mine. I asked my mom to make a dermatologist appointment, but we couldn't get in for nine months, because there was only one dermatologist in our county.

I wasn't that worried, but my family doctor noticed the mole during a routine checkup—and got an appointment for me the next day! That freaked me out. A week later, I had the mole removed and I thought everything would be fine.

But then a few days later, my dad told me that we needed to talk. He said, "The doctor just got your test results. You have malignant melanoma," the deadliest form of skin cancer. *Skin cancer?* I thought only old people got that. "Dad, I'm 17. I don't get skin cancer," I said.

THE SCARY TRUTH ABOUT TANNING BEDS

Ultraviolet rays are proven to cause cancer, and tanning beds give you a direct dose.

MYTH
FACT

Using a tanning bed is safer than lying out in the sun.

It's just the opposite! The UV rays from a tanning bed are more intense—and more dangerous to your skin—than the sun's natural rays.

If you get a "base tan" from a tanning bed, you won't get sunburned.

That base tan can hurt more than help. Any time you change the color of your skin, you're harming the cells in your body. The best protection against burning is sunscreen.

UV rays clear up acne and blemishes and make your skin look better.

Actually, tanning beds can make acne worse, because they increase inflammation. Plus, the beds emit UVA rays, which penetrate deeper into your skin and cause the most damage.



17 FYI:

Still think it's okay to tan? The World Health Organization has labeled tanning beds as devices that are *proven* to cause cancer!

I sat there in silence. Finally, I asked, "Can I die from this?" He tried to reassure me that they caught it early and I would be okay, but I could see he was scared too.

"I'm 17. I don't get skin cancer," I said. "Can I die from this?"

Two weeks later, we went to a melanoma specialist who removed an inch of flesh, half a centimeter deep, around where my mole had been. There's still an indentation from the chunk of skin that was taken out. And the cancer could still come back, which haunts me every day. I have to get skin checks with a dermatologist every four months, and check my lymph nodes for swelling because the cancer could resurface there and spread.

Now I never tan (only spray tan)—though some of my friends still do. They don't get it. So many girls think that cancer is a far-in-the-future risk, but you're actually hurting your body now. I'm just glad I have the chance to tell someone who's using tanning beds to make a better decision. ”

—KATIE, 19

WHAT YOU CAN DO:

1 TAKE THE SEVENTEEN PLEDGE

Vow *not* to lie inside a tanning bed anymore. You'll be promising yourself a lifetime of healthy, naturally glowing skin! Our friends at DoSomething.org helped create this pledge. Sign it now at seventeen.com/sun.

2 SEE A DERM FOR FREE

The American Academy of Dermatology provides free skin cancer screenings, making it even easier to get checked. Go to seventeen.com/sun to search for a doctor near you.

3 TELL YOUR FRIENDS

Join *Seventeen's Ban the Bed* Facebook page and get the word out about the dangers of tanning. The girl who gets the most friends to join will appear in our Style blog!

PROTECT YOURSELF

Wear sunscreen every day (not just at the beach!), and check yourself every month for suspicious moles and changes in your skin.

KNOW THE TYPES OF SKIN CANCER



NORMAL MOLE

The average person has about 10 to 20 moles, which can look like brown spots or freckles. They're typically uniform in color and symmetrical in shape with a sharp, well-defined border.



BASAL CELL CARCINOMA

The most common form of skin cancer, it usually occurs on areas that get the most sun exposure, like hands and arms. It can look almost like a scar, appearing translucent, reddish, or pink, and is easily removed by a dermatologist.



SQUAMOUS CELL CARCINOMA

Also common, this skin cancer tends to look like an open sore that won't close up or heal. A doctor can usually perform surgery in the office to remove it.



MELANOMA

This form of skin cancer can be deadly. It looks like a mole but has odd features, like a large or asymmetrical shape, jagged borders, varied colors, a raised texture, or has changed over time.

Not sure about your mole? Get it checked by a dermatologist right away.



MEGA-POWERFUL SUNSCREENS

- 1 This sunscreen blocks all types of rays (including UVA and UVB), plus free radicals, which can also damage your skin. **try:** Neutrogena Spectrum+ Sunblock Lotion SPF 70, \$12, drugstores
- 2 Double-duty: This cream repairs damage that has already been done to your skin while protecting it from new damage. **try:** Clinique SPF 30 Face Cream, \$18, clinique.com
- 3 Most sunscreens lose effectiveness over a few hours, but this one has "photostabilizers" that protect you all day, even if you forget to reapply. **try:** La Roche-Posay Anthelios 45 Ultra Light Sunscreen Fluid for Body, \$34, CVS stores
- 4 You moisturize everyday anyway, so use one with SPF in it! This lotion contains zinc oxide to keep skin safe while it moisturizes. **try:** Yes to Carrots Hydrating Body Lotion with SPF 30, \$15, drugstores



Safe is the new sexy.

Clinique Sun with SolarSmart.™

Quick science lesson: UVA rays age skin, UVB rays burn it. Surprisingly, not all sunscreens protect against both. Ours does that and more.

To start, we've stabilized UVA defense, so you're protected longer. We also added ingredients to help prevent today's sun exposure from becoming tomorrow's damage. (Trust us—it doesn't seem to matter now, but it will.)

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More ways to practice safe sun at clinique.com/sun

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hit the

10:00 A.M.

SLATHER ON SUNSCREEN

Always apply your sunscreen before you leave the house, and give it at least 30 minutes to kick in. (Look for a product you can use on both your face and body to make it easier!) And don't forget about your hair—prevent the sun from drying it out with a UV-protecting spray.

try: Proactiv Daily Protection Plus Sunscreen SPF 30, \$19, proactiv.com; Redken Color Extend Sun Sparkling Shield, \$16, salons



12:00 P.M.

REAPPLY ALL OVER

If it's been two hours since you put on sunscreen, it's time to reapply! Do it sooner if you've been swimming (or working up a sweat playing Frisbee!). And make sure you're using enough—it takes about two tablespoons' worth to cover your whole body.



try: Hawaiian Tropic Sheer Touch Crème Lotion, \$10, drugstores

HIDDEN SUNSCREENS!

These products all contain SPF, so it's easy to get pretty and stay protected every day!

WIN!
25 winners

LIPS

BRIGHT & PUNCHY

Putting sunscreen on your lips might seem a little gross, but this gloss gives you the same amount of protection—and looks a lot better!

try: Clinique Long Last Glosswear SPF 15 in Cabana Crush, \$14, clinique.com

FACE

GOLDEN BRONZE

Fake a sun-kissed glow by sweeping this powder over the areas of your face where the sun would naturally hit: nose, forehead, and cheeks.

try: Physicians Formula Healthy Wear SPF 50 Bronzer in Medium, \$15, drugstores

WIN!

ENTER CODE [KISSES] AT SEVENTEEN.COM/FREEBIES.

beach

**THE
SAFE
WAY!**

One in five readers only applies sunscreen when she feels like she's getting burned. Here's how to care for your skin all day long, so it stays healthy!

1:00 P.M.

GET SOME SHADE

This stretch of the afternoon is when the sun's rays are at their strongest. Sit in the shade for a while, or test your skin to see if it's burning with these stickers that change color when you've had too much sun! (Get a sheet for free at participating Clinique counters! Go to seventeen.com/sun for locations.)



try: SunHealth Solutions SunSignals UV Sensors, \$5 for pack of 18, sunhealthsolutions.com

3:00 P.M.

try: Clinique SPF 45 Targeted Protection Stick, \$18, clinique.com



try: Tocca SPF 30+ Sunscreen Towelette in Stella, \$28 for pack of eight, Sephora stores

STAY PROTECTED

Two more hours in the sun? A towelette makes reapplying fun and easy—this one is packed with the exact amount of sunscreen needed to cover your body, plus it has a summery fragrance to refresh you on a hot afternoon! Also, give easily burned spots like your nose, lips, and ears extra protection with a quick-to-absorb sunblock stick.

5:00 P.M.

COOL DOWN

A day at the beach can actually rob your skin of moisture, so make sure to soothe sun-exposed spots when you get home. Look for a lotion or a spray that contains cooling aloe vera and chamomile.

This one even has a pretty shimmer to make your skin sparkle at night!

try: Hampton Sun Serious Shimmer Cooling Spray in Pearl, \$32, hamptonsuncare.com



EYES

OCEAN BLUES

Lids need protection too! Sweep this light shimmery shade from lashlines to browbones and blink without worry.

try: Neutrogena Nourishing Eye Quad in Blue Smoke, \$10, drugstores

CHEEKS

ROSY FLUSH

Mineral makeup is a great defense against UV rays—the minerals act as “physical blockers,” meaning they literally deflect damaging rays off your skin!

try: Bare Escentuals BareMinerals All-Over Face Color in Rose Radiance, \$18, Sephora stores



17 tip: Protect your nails too! Look for a clear top coat that has UV protection and apply over your favorite shade to prevent color from fading or changing.

MAIN PHOTOS: TERRY DOYLE; STYLING: EDITOR; HAIR: LUIS BELTRAN FOR FORD ARTISTS; MAKEUP: GARMINDY FOR GARMINDY.COM; MANICURE: ALYNN REYES FOR FORD ARTISTS; ON MODELS: (THIS PAGE) SWIMSUIT: AERPOSTALE; TOP: REBECCA TAYLOR; EARRINGS AND NECKLACE: HER OWN; (OPPOSITE PAGE) SWIMSUIT: OLD NAVY; HAT: AMERICAN EAGLE OUTFITTERS; EARRINGS: CLAIRE'S; STILL LIVES: J. MUCKLE/STUDIO D.

17 tip Use less tanner on drier areas like knees and elbows, since these spots tend to overabsorb product.

way to

TRICKS TO A FLAWLESS FAUX TAN

- 1 Get serious with your loofah.** Exfoliate all over using a grainy scrub to buff away dry dead skin that makes self-tanner look blotchy.
- 2 Apply tanner in long, even strokes.** Work vertically up your body, one leg at a time, then do your torso, chest, and neck. Use more tanner than you would body lotion—applying too little can leave you with streaks.
- 3 Get in position.** Bend your arms slightly at the elbows with palms facing behind you. You won't miss a spot with this pose. Sweep on tanner in one smooth motion from fingertips to shoulders—then rotate your arm to get the underside and sweep down to your wrists so you hit every spot.
- 4 Tackle your back last.** Reach behind you with both hands, and using horizontal strokes, cover as much of your lower back as you can. Then bend at the waist slightly, which will help you reach over your shoulders to fully cover your upper back.

WIN!

One girl will win a collection of Clinique's best sun lotions and self-tanners. Enter code (beach) at seventeen.com/freebies.



NO-COMMITMENT COLOR

This instant tanner is like liquid bronzer for your body—you don't need to wait for it to develop, so if you notice any streaky spots, you can rinse them right away with soap and water!

try: St. Tropez Wash Off Instant Glow Body, \$18, sttropeztan.com

SUMMER'S HOTTEST NEW SELF-TANNERS!

These products make it so easy to get a pro-worthy glow.

ALLOVER SPRAYING

The funky circular nozzle on this tanner lets you turn the bottle in any direction to cover all the hard-to-reach spots, like your middle back.

try: L'Oréal Paris Sublime Bronze ProPerfect Salon Airbrush Self-Tanning Mist, \$11, drugstores

MISTAKE-PROOF BRONZING

Get a perfectly even tan without the telltale orange palms—this lotion comes with a special mitt to keep your hands stain-free!

try: Mystic Tan Sunless Tanning Lotion Face + Body, \$38, Sephora stores

SELF-TANNING NATURAL & UNIFORM COLOR

AUTOBRONZANT
AUTOBRONCEADOR
SELBSTBRÄUNEN
AUTOBRONZADOR
НАПИСМА КОПИЕ НАО
AUTOBRONZANTE

ON-THE-GO GLOW

Take these wipes anywhere—they're convenient to throw in your bag or for travel!

try: Comodynes Self-Tanning Towelettes for Face & Body, \$20 for pack of 16, shopnbc.com

NEW!

Jergens

natural GLOW
DAILY MOISTURIZER

GRADUALLY CREATES
NATURAL-LOOKING COLOR

SKIN-SOOTHING TANNING

This formula contains vitamin E to make skin look and feel healthier—apply it once a day like you would a regular lotion to build a gradual tan that lasts.

try: Jergens Natural Glow Revitalizing Daily Moisturizer, \$9, drugstores

glow!

Sixty-two percent of readers say that being tan gives them more confidence. But becoming a golden girl shouldn't be harsh on your skin—bronze up safely with these fab finds.

READER MAKEOVERS

PROBLEM:

I TURNED ORANGE!

"I got a spray tan, but I was so desperate to make it last, I used self-tanner on top of it. My skin looks crazy!"

—NINA, 17



SOLUTION:

tone down the tanner!

Take a magic bath. If you've OD'd on tanners, this special oil is designed to loosen the buildup from your skin. Pour two capfuls into the water and soak. Buff your skin with the special exfoliating cloth to rinse away more of the color.

try: St. Tropez Tan Detox, \$35, sttropheztan.com

Exfoliate every day. To get back to your natural shade, gently slough the top layers of skin that have gotten too tan. Use a scrub in the shower daily to smooth away old skin cells, then follow up with moisturizer to keep skin soft. You might be uneven for a day or two, but no one will notice except you!

Self-tan just once a week. Give your skin a week to breathe and fully return to its normal shade after too much self-tanner—that way, you can start fresh when you're ready to get back to it. Then make sure to bronze up only once a week to avoid color overload.

PROBLEM:

I'M TOO PALE!

"My natural skin tone is so pale that I'm worried I'll look too fake if I use a self-tanner."

—SARA, 21



SOLUTION:

take baby steps!

Do a patch test. If you're worried about how a certain tanner will look on you, apply a small amount to the inside of your wrist first. Wait a day for it to develop, then decide if it's the right one for you.

try: Clinique Self Sun Body Tinted Lotion, \$20, clinique.com

Find your perfect match. Pick your tanner based on the natural shade of your skin tone, not the color you want to be. Fair-skinned girls should use the lightest formulas, then gradually build to a deeper shade. Darker colors subtly accentuate olive and bronze skin tones.

Build a tan slowly. You don't have to go from zero to bronze in one day! Mix your self-tanner with equal parts moisturizer to cut the intensity of the tanning ingredients in half. Then, as you get more comfortable, use less lotion and more tanner to bump up your color.

REAL-GIRL PHOTOS: THIS PAGE: TERRY DOYLE. SITTINGS: EDITOR: BETSY MULLINX. HAIR: LUIS BELTRAN FOR FORD ARTISTS. MAKEUP: CARMINDY FOR CARMINDY.COM. SPRAY TAN: SKIN BY JILL GOLDMAN FOR ST. TROPEZ. ON NINA (SOLUTION): BIKINI: HER OWN. ON SARA (SOLUTION): BIKINI: HER OWN; EARRINGS: STYLIST'S OWN; BRONZE BANGLE: FOREVER 21. MAIN PHOTO, OPPOSITE PAGE: CHRIS CRAYMER/SARAH LAIRD INC./TRUNKARCHIVE.COM. STILL LIVES: J MUCKLE/STUDIO D.

sun-smart celebs!

Whether these celebs embrace their natural complexion or go for a faux glow, they always look hot. Now make their tricks work for you!

Take a tip from **Emma Stone** and pick bright bold fuchsia for your lips—it perfectly lights up alabaster complexions.

WIN!
25 girls will get a Clinique Almost Bronzer SPF 15.
Enter code [glow] at seventeen.com/freebies.



"I absolutely love Bronze On The Glow by Fake Bake! It gives me **the best sun-kissed glow** without having to sit in the sun."

—ANNALYNN McCORD



“Self-tanners are a great way to safely maintain a healthy bronze. I love Guerlain Terracotta Sunless Luxurious Self-Tanning Balm—it gives a **hint of golden glow** and shine.”

—ASHLEY GREENE

"I try to avoid the sun as much as possible! I use **Neutrogena Body Oil** to give my skin a nice sheen."

—TAYLOR MOMSEN



Look like you just stepped off the beach by sweeping **Chanel Bronzing Powder in Desert Corail** all over your face like **Blake Lively** does. You'll love its hint of shimmer!

“It's hard being in New York and missing the sun, since I'm a Cali girl. **I like to have a little bit of color.** Comodynes Self-Tanning Towelettes are my favorite for my face—they give such an even tan!”

—WHITNEY PORT



"I'm anti-sun and I always wear sunscreen. I buy the highest number I can find, like **SPF 50**, and put it everywhere. I want to take care of my skin and **I don't want to age my skin!**"

—AVRIL LAVIGNE



"I look for moisturizers and foundations that include an **SPF**. That way, **I never forget** to put it on!"

—DEMI LOVATO

STONE: STEPHEN LOVENIN/GETTY IMAGES; LIVELY: THEO WARGO/GETTY IMAGES FOR MARCHESA; LOVATO: TODD WILLIAMSON/WIREIMAGE; LAVIGNE: FRASER HARRISON/GETTY IMAGES; PORT: JOHN SHEARER/WIREIMAGE; McCORD: DAVID LIVINGSTON/GETTY IMAGES; GREENE: SOUL BROTHER/FILMMAGIC; MOMSEN: JUSTIN CAMPBELL BUZZFOTO/FILMMAGIC.

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seventeen.com/checkitout
has more info!

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Style Pro Angie

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babyphatfragrances.com

XOXO,
Angie



style pro pick

17 suggests

Candie's Only At Kohl's

Check out the **Seventeen Fashion Finder iPhone App** to watch behind-the-scenes footage of Britney Spears' "Through The Lens" Candie's only at Kohl's photoshoot, with three of the world's most renowned photographers!

Visit Kohls.com to shop the latest **Candie's** collection or to find a retailer near you.

Candie's
ONLY AT
KOHL'S



Make a Bid for the Environment

From April 7 to May 8, visit ebay.com/30daysofgreen to bid on the dress worn by April cover model, actress **Nina Dobrev**, along with other exclusive experiences and items from your favorite Hearst Magazines! All proceeds from the charity auction will benefit The Nature Conservancy to help protect ecologically important lands and waters for nature and people.



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Hancock Fabrics

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Actively reduce lip dryness by up to 65% with **Moisture Renew Lipcolour SPF 18**. The Self Adapting Moisture Complex with collagen and vitamins A, C & E gives you smoother lips for better colour.

Check out at all 24 fabulous shades at RimmelLondon.com.



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Color shown: Yellow, It's Me

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RESEARCH TODAY SAVES LIVES TOMORROW.



Photo: Ruxer / Anadur / Art Department © 2009 The Breast Cancer Research Foundation

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health

GET CRAZY ENERGY!

Can't stand to think about exercise after a long day at school? This routine from Harley Pasternak, who trains **Katy Perry**, will make you happier, hotter, and *super-pumped*—in just 15 minutes!



Katy Perry jumps rope before she performs. It gets her revved up for her nonstop stage show!

health

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Katy Perry jumps rope before she performs. It gets her revved up for her nonstop stage show!

get fit & fired



YOUR PERSONAL TRAINER

NAME: Harley Pasternak

LOCATION: Los Angeles, CA

HIS BOOK: *The 5-Factor World Diet*

CELEBS HE TRAINS: Katy Perry, Lady Gaga

WEB SITE: harleypasternak.com

TRAINING TIP:

"Doing the moves fast, with no rest, makes the workout fly by. Plus, it keeps your heart rate up, so you burn fat!"



1

CARDIO

JUMP ROPE



ashley, 19

TRAINING TIP:

"If you don't have a jump rope, pretend! Make fists and mimic the arm movements."

Jump rope for 90 seconds without stopping. You can switch it up—try 30 seconds each of side-to-side jumps, high knees, and skipping!

2

UPPER


TRAINING TIP:

"As you curl and press, the weights should always be in line with your elbows."

A Stand holding with feet shoulder-width apart. March

GET STARTED!

Do these five moves in order **three times** in a row for a quick energy boost. Do it **three times a week** and you'll get lean and toned too!

4

ABS

STANDING CRUNCH



A

B

Stand with right hand behind head and left hand on hip. Extend left leg directly out to your side.

B Bring your right elbow in to meet your left knee and crunch. Do 20 on each side.

TRAINING TIP:

"Keeping your stomach tight is key here. Make sure you're really squeezing your abs as you crunch."

5

CARDIO

HALLWAY S



A

B

A Start at the end of a hallway, with one leg out in front of the other and hands resting on front knee.

B Run to the other end of the hallway as fast as you can.

TEAR OUT HERE!



Join Team Seventeen at seventeen.com/team17 for support from other readers and

up!

These five quick and easy moves are like a shot of caffeine for your brain and body. After just 15 minutes, you'll feel strong, toned, and energized!

BODY

CURL AND PRESS



g weights, shoulder-width in place.

B Keep marching as you slowly curl the weights to your shoulders.

C Press the weights straight overhead, then return to start. Do 20, marching the whole time.

LOWER BODY

3

STEP UP



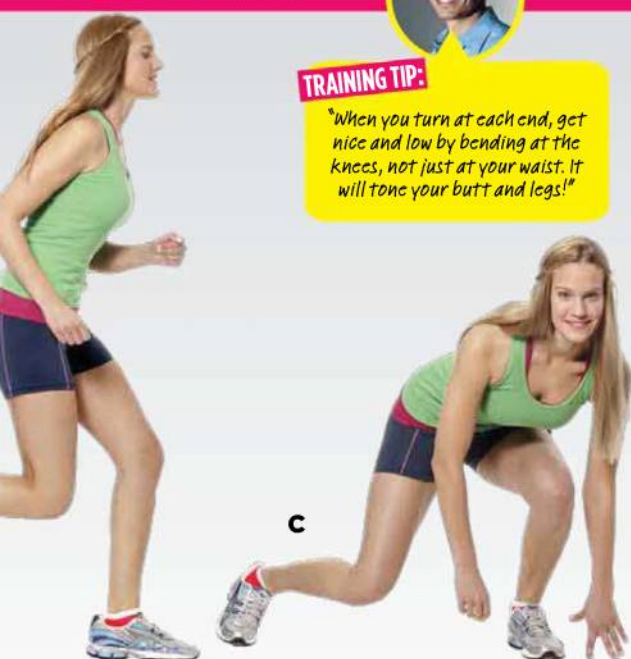
A Stand behind a step about 1-foot high. Place left foot on top.

B Step up and clap hands overhead, then step right foot down. Do 20 on each leg.

TRAINING TIP:

"Don't push off the floor! The leg that starts on the step is the leg that should be doing all the work."

SHUTTLE RUN



TRAINING TIP:

"When you turn at each end, get nice and low by bending at the knees, not just at your waist. It will tone your butt and legs!"

her end of s fast as

C When you get there, touch your hand to the floor, then pivot and run back. Keep running back and forth for 90 seconds!

WIN A SWAG BAG!



Sometimes a new outfit is all you need to feel motivated to work out! Go to seventeen.com/freebies for a chance to win this cool gear from Adidas.

WORTH \$247 TOTAL!

and exclusive access to Harley's weekly training tips!

WIN!

ENTER CODE [EXERCISE] AT SEVENTEEN.COM/FREEBIES.

SPECIAL REPORT

secret reasons you're
struggling with your

WEIGHT

You may feel like your body is beyond your control, but it takes only a few small changes to help you get (and stay) healthy. This advice will change your life—no matter what your size. BY kim tranell

1 IN 3
teen girls is
overweight
or obese.

Have you ever had that frantic moment when you put on your favorite jeans and they feel way too tight? Or when you look at your family and realize that not one of you has *ever* been fit? At harsh times like those, it's hard not to feel sort of hopeless about your body. And even if you aren't struggling with your weight, eating healthy can seem so boring, and exercising properly can feel like a full-time job!

But that's exactly why *Seventeen* surveyed more than 5,000 teen girls and talked to the top experts, because we wanted to find the sneakiest reasons your health and your body feel out of control. This story isn't about losing a few pounds or getting *skinny*. It's about changing the way you live and getting *healthy*, with simple, attainable goals. And while it probably won't be the easiest thing you've ever done, you owe it to yourself to understand what's going on with your body—that way you can work *with* it, not against it, to get your health on track.

Is your
weight healthy?

maybe yes It's normal to gain weight in your teen years because you get taller and you naturally fill out in new places, like your hips and thighs. Sports may also cause you to gain muscle weight, which is *totally* healthy.

maybe no Being unhealthy isn't about the number on the scale. It's about your exercise and eating habits combined with your body mass index (or BMI), which measures your body fat based on your height, weight, and age. So go to seventeen.com/bmi to calculate your BMI, then talk to your doc if you're not in the healthy range. She can help you figure out which habits you may need to change.

SECRET REASON #1:

not enough sleep

When you're juggling school, a part-time job, friends, and tons of after-school activities, sleep is probably at the absolute *bottom* of your to-do list. But research shows that the less sleep you get, the more you increase your odds of being overweight. That's because when you're sleep-deprived, your body thinks you're hungry even when you aren't, and it craves sugary foods that give you a quick energy hit.

Teens who get only six to seven hours of sleep a night are **TWICE** as likely to be obese.

SIMPLE GOAL: TRY FOR 8 HOURS

- ✓ **Switch to decaf drinks after 4 P.M.,** since caffeine can keep you awake and wired for up to six hours.
- ✓ **Exercise.** Even a little physical activity, like dancing around your room for 10 minutes after school, can help you fall asleep faster and easier.
- ✓ **Power down.** When you decide you're ready for bed, shut off the distractions that might keep you up, like your phone and your computer.



why i struggled:

"I used food to cope with my emotions."

In junior high, my friends all turned on me, and I began using food to distract myself from feeling sad. I didn't have girls to hang out with or activities to do after school, so I would go home, turn on the TV, and eat. It became my routine, and in three years, I gained 60 pounds.

When I got to high school, I finally made new friends, and hanging out with them showed me how my weight was holding me back. We'd walk up the stairs at school and I'd get so tired—when everyone else was fine! And I wanted to try out for volleyball, but I couldn't find the confidence to put on shorts.

This year, before my junior year started, I decided I was fed up. I started making tiny changes, like eating breakfast and doing an exercise DVD every day, and so far I've lost 20 pounds. Instead of using a number as a goal, though, I keep a feeling in mind—it's the one I get when I wake up and I'm not so tired that I can't get out of bed. And whenever I'm *really* uninspired, I think about my mom, who has diabetes and heart disease from being overweight. She's been hospitalized five times in the past few years, and I don't want to be held back like that when I'm older.



29% of you say that you sometimes overeat when you're sad.

—amberly, 17, mona, ut

SECRET REASON #2:

skipping breakfast

Bypassing breakfast seems like an easy way to cut calories, especially if you aren't starving in the morning. But eating first thing gets your metabolism going, and

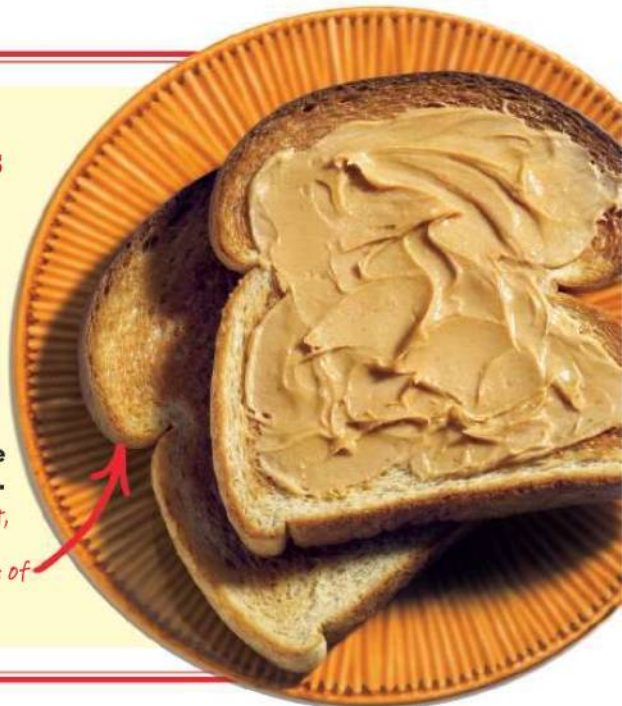
studies actually show that girls who have breakfast eat healthier overall. It's probably because they rarely get so hungry that they binge or crave junk food!

41% of you say that you sometimes skip breakfast.

SIMPLE GOAL: TAKE 5 MINUTES

Even if you're running out the door, make it your mission to start the morning with a quick meal that combines protein (like eggs, low-fat yogurt, skim milk, or peanut butter) with a healthy carb (like fruit or whole grain breads or cereal).

Pssst: This is the yummiest, fastest, most satisfying breakfast ever. Add a piece of fruit and you're set!



SECRET REASON #3:

giant portion sizes

You may not realize it, but the way foods are packaged and served these days, it's really easy to overeat. A 20-ounce bottle of soda from the vending machine is actually *two and a half* servings, and many restaurant entrees give you enough food for two meals! And when it looks and smells so good, you want to eat it all.

You eat about
30%
more when
you're given
a super-size
serving!

**SIMPLE GOAL:
EAT TO FEEL FULL**

Always check the serving size on the label of any packaged snack or food, and eat *slowly* at restaurants. It can take your brain up to 10 minutes to get the signal that you're satisfied!

This appetizer platter at Chili's has 2000+ calories. (And that's before you even get an entree!) Be sure to share it with lots of friends, so you don't overindulge!

**SECRET REASON #4:**

eating while distracted



We've all been there: You're talking to friends on Facebook while watching *Gossip Girl*, and pretty soon your hand is at the bottom of a bag of chips. How does this happen? Well, it's almost *impossible* for your brain to hear your stomach saying "Stop! I'm full!" when it's busy focusing on a million other things!

86%
of you eat while
doing other stuff,
like watching
TV or using the
computer.

**SIMPLE GOAL:
FOCUS ON FOOD****MEALS**

Take a 10-minute timeout for meals. If you sit down at the table with a fork and knife, chew slowly, and actually enjoy your meal, you'll feel a lot more satisfied on /less food.

SNACKS

Avoid bottomless bags or boxes. If you want a snack in front of the TV, put a handful in a bowl, or grab a preportioned snack, like a granola bar or a piece of fruit.

why i struggled:

"My family has unhealthy habits."

I used to be a dancer, which was amazing exercise, but I quit when I started high school because my class workload was so big. And I ended up eating *more* because I was stressed. My mom rarely cooked, so I'd heat up a frozen meal for dinner or fill up on whatever I could find around the house, like cookies or chips. We never ate real meals, but I was too busy to even notice!

That changed when my clothes stopped fitting earlier this year. I calculated my BMI—it was in the overweight range! I couldn't believe it. It forced me to take a look at my habits, and I saw that having so much junk food around was my downfall. I told my mom, and she's been shopping for healthier foods, like grilled chicken and veggies. And in January, my friends and I started sharing healthy recipes and exercises on Facebook.

Now I'm back to a healthy BMI! Going for food with more fiber makes me feel fuller, so I'm not eating constantly, and doing 10-minute workouts every other day helped me to ease into exercise. In the past, I'd set big goals and give myself a deadline, but then I always went back to my old ways. Now I know the secret: I focus on the *little* things I do each day that make me feel awesome!"

—randi, 16, mt. rainier, md



38%
of you say your
parents
or family don't
eat healthily.

how being overweight hurts you *now*

- **sleep trouble** Being overweight or obese can cause sleep apnea, a nighttime breathing disorder that keeps you from getting the deep sleep your body needs. You'll feel sluggish the next day—no matter how long you snooze.
- **lack of energy** Carrying extra weight means your body's organs have to work harder to do everything, from walking up stairs to breathing to just pumping blood. It can leave you feeling tired and worn out.
- **period problems** As you gain weight, your hormone balance gets out of whack. This may lead to irregular periods, acne, and extra hair growth on your face, chest, or back.
- **prediabetes** Almost 20 percent of obese teens have high blood sugar. It often turns into type 2 diabetes within 10 years, which can lead to heart and kidney disease, but prediabetes is reversible if you change your habits.



Flavored coffee drinks can pack

10

or more
teaspoons
of sugar!

SECRET REASON #5:

liquid calories

Sodas, juices, creamy coffee drinks, bottled iced teas—you think of them as just drinks, but many have enough calories for a snack, or even a meal! Plus, because they're loaded with sugar, they can spike your hunger and may make you eat more all day.

SIMPLE GOAL:

SWITCH TO WATER

It's crazy, but if you cut just one soda or sugary drink a day, it can make a 10-pound difference in a year! So buy yourself a cute water bottle to keep in your backpack, and think of those other drinks as once-in-a-while *treats*.

WIN!

25 winners will get a SIGG reusable water bottle. Enter code **(thirsty)** at seventeen.com/freebies.



SECRET REASON #6:

stress

Sometimes eating can take your mind off a bad grade or a broken heart, and starchy, sugary foods *do* give you a calmer feeling. It's a cycle that's hard to break—especially since your life can get so crazy stressful for a million reasons. But the scary thing is, that calm feeling is only temporary, and once it wears off, you're left feeling even *more* bummed out, and with a body full of unhealthy food and empty calories.

48%

of you say you overeat when you're stressed.



SIMPLE GOAL:

MOVE FOR 15 MINUTES

Even a quick walk, jog, or bike ride floods your brain with mood-boosting chemicals. They're even better than the quick high you get from junk food, plus you *burn* calories in the process!

WIN!

One winner will get a bike and a helmet from Schwinn Bicycles. Enter code **(wheels)** at seventeen.com/freebies.



join our team!

Go to seventeen.com/team17, where you can get support from other girls who are trying to be healthier, plus fitness and nutrition tips from A-list experts. Trust us—it's easier together!



Thanks to the **Alliance for a Healthier Generation** for their expertise! Go to empowerme2b.org for more healthy eating and exercise tips.

love life

go for it! (or let it go!)

You've been crushing on the same guy for months, weeks, or even years. Now it's time to stop obsessing and make the right move. *by elisa benison*

WIN!
1 lucky girl will win
an LG Rumor Touch phone
from Sprint.
Enter code (flirtxt) at
seventeen.com/freebies.



WHO'S YOUR CRUSH?

THE DIGI-FLIRT

He **posts on your Facebook**, IMs you when you're bored, and **flirt texts with you at parties**. You get that jolt of excitement every time he writes, and you're dreaming of something bigger than just endless banter.



YOU SHOULD:
GO FOR IT!

Next time you're IM'ing about a party or a game you're both going to, add **"I'll look for you there,"** then do it—it shows that you want to spend time together *in person*. **Then it's up to him** to suggest another hangout. If he doesn't, it's okay to keep him in your phone for backup flirting, but don't let it stop you from finding new guys (who want *more* than a virtual relationship!).

THE TAKEN GUY

The guy you like **has a girlfriend**, but you feel this incredible closeness because **he confides in you** and asks your advice about his relationship. You can't help thinking that if they break up, you're next.



YOU SHOULD:
LET IT GO.

You might think every emotional confession puts you one step closer to him, but **he doesn't see it that way**. He just needs someone to be a sounding board for his relationship problems (though he probably likes knowing that he has you on the back burner). Use your time to have those deep conversations with guys who are actually available—and will make you their **number one girl**.

THE HOT FRIEND

You and your best guy friend spend **tons of time together** and share stuff about your lives that no one else knows. You've **developed real feelings** for him, but you're scared of ruining your friendship.



YOU SHOULD:
GO FOR IT!

If your friendship is rock solid, it can survive a **major confession**. Tell him, "I've been getting the vibe that you want to be more than just friends, so I've been thinking about it too." Then **wait for him to respond**. If he's not into it, say "You're right—friends is better!" It will sting, but pretend like it never happened and in a few weeks, it will all be back to normal. And if he *is* into it? OMG, the best!

THE EX

You and your BF **broke up** a long time ago, but you **can't stop thinking about** cuddling in front of the TV or those marathon 3 A.M. phone conversations. You're stuck on the idea of getting him back.



YOU SHOULD:
LET IT GO.

It's a waste of **good love energy** to cling to a guy who has moved on. So stop driving past his house on the way to school or passing him in the hallway—even if it means going the long way—so you **don't have daily reminders of him**. Hide him on Facebook, so he doesn't pop up in your news feed. It won't happen overnight, but you *will* be able to give him up for good.

"i went for it"

"I liked this guy for years and I definitely thought he liked me, but nothing ever happened. One day I decided I couldn't wait forever, so I called him and asked, 'Hey, do you wanna hang out on Friday?' I was so anxious! But he said yes! Now we've been together for a year, and he always says how glad he is that I took the first step because he had been too nervous."

—LAUREN, 17, CHESTERFIELD, MO

"i let him go"

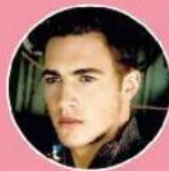
"My crush was funny and so cute, but he never really looked at me. At school I tried to get his attention, but it finally hit me that he didn't know I existed. I made the decision to hang out with friends more and to talk to other guys. Soon I began wondering what exactly I knew about my crush, and what had even made me like him. I realized I didn't really know him at all."

—AMANDA, 16, AURORA, CO



READ HIS SIGNS

Thanks to the Hot Guy Panel, now you'll know whether he wants you to make a move.



MAKE A MOVE

"If a guy looks at you a lot but doesn't say much, and just seems nervous around you, put him out of his misery and go talk to him! We get so shy around girls we like!"
—AUSTIN, 20, WICHITA, KS



MAKE A MOVE

"If a guy likes you, he'll make random conversation about silly things. I usually say something lame, like, 'So we're having nice weather today'—basically any excuse to talk to her."
—MATT, 22, BROOKLYN, NY



STOP!

"If the guy is really short with you, he doesn't like you. For example, this girl I met at a party kept Facebook chatting me, and I would respond with one-word answers. She chatted me day after day and didn't get the message."
—BRENT, 16, ST. LOUIS, MO

I TIED A
TAMPON TO
MY KEYRING SO
MY BROTHER
WOULDN'T
TAKE MY CAR.
IT WORKED.



Why are 40% of people
uncomfortable with tampons?

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New U by Kotex® Tampons, pads and liners.
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There's nothing to hide!

Most young women have questions about their period. That's why **U by Kotex*** and **Seventeen** are teaming up to give you the chance to **speak openly about your period** on **Seventeen.com's Get Advice forum**. Ask your **REAL questions** and get **REAL answers** from a U by Kotex* health expert or readers like you.



Q: My friend told me that a tampon can get lost inside me. Is that true?

Q: How do I know if my pad will get me through the night?



Q: My period's not very heavy. Will liners work best for me?

START THE CONVERSATION

at *Seventeen.com/kotex*

Plus

Ask a question about your period that stands out and it might be featured in the September issue of *Seventeen*!

Serious Attitude. Serious Protection*.

The new line of products is **colorful and innovative**, with a wide selection of **cool products** to choose from. **U by Kotex*** thinks fem care should be **fierce and fabulous**—just like you!



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barely there* Liners**

Go to UbyKotex.com for more info.

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mwah!
If she's his
girlfriend, cute!
If she's his math
tutor, creepy.

flirty moves that freak him out!

Leave your guy dying to see you again—not secretly thinking you're a nut job! Here's how. BY elisa benson

CUTE

surprising him in public



"I love when a girl unexpectedly shows up at one of my sports games to **cheer me on**. But the best is when she hangs around for a few extra minutes, just to say hi, when I'm on my way back to the locker room with the team. Having a fan is very **rock star**."

—JOHN, 18, NASHVILLE, TN

DROPPING
BY

CREEPLY

surprising him at home



"One time I got back to my dorm room after a full day of classes, and when I opened the door, this girl in my psych class was **at my desk waiting for me**. Maybe she thought it was 'spontaneous,' but I was freaked out. Waiting around for someone is total stalker behavior!"

—TRAVIS, 18, YONKERS, NY

stealing the spotlight



"I went to dinner with a big group of friends, and while we waited for our table, one girl **launched into this hilarious story** that kept us all entertained. It made her seem really cool—I found myself wondering what it would be like to date her."

—CARTER, 18, NASHVILLE, TN

HANGING
OUT

hogging the spotlight



"Once I met this cute girl at a party, and our conversation turned to special talents. She told me she's awesome at imitating animal noises—then let out this **extremely loud 'call of the wild.'** Everyone stared at her, but she seemed to like the attention. I was horrified."

—NEILL, 18, MIAMI, FL

leaving a message



"One time I was on vacation overseas and I didn't have phone service. When I came back and turned on my cell, I had a **few charming voice mails** from this girl saying how much she missed me. It was so much more personal to hear her voice—not just get a text."

—CALEB, 19, PHILADELPHIA, PA

KEEPING
IN TOUCH

leaving a million messages



"This girl I was flirting with over Facebook started posting on my wall more and more. When I stopped responding right away, **she'd post multiple messages in a row**. If a guy ignores more than two messages, take a hint. It felt like she was trying to scare off other girls!"

—LORENZO, 20, VERO BEACH, FL

bold flirting



"At a big party, a girl I had been pursuing came up to me and **grabbed my phone**. She put her number in it before handing it back to me and then walked away. Not only was it creative, but it was also a very confident move that I found immediately attractive—I texted her back right away."

—ANDREW, 19, BIRMINGHAM, AL

GIVING YOUR
NUMBER

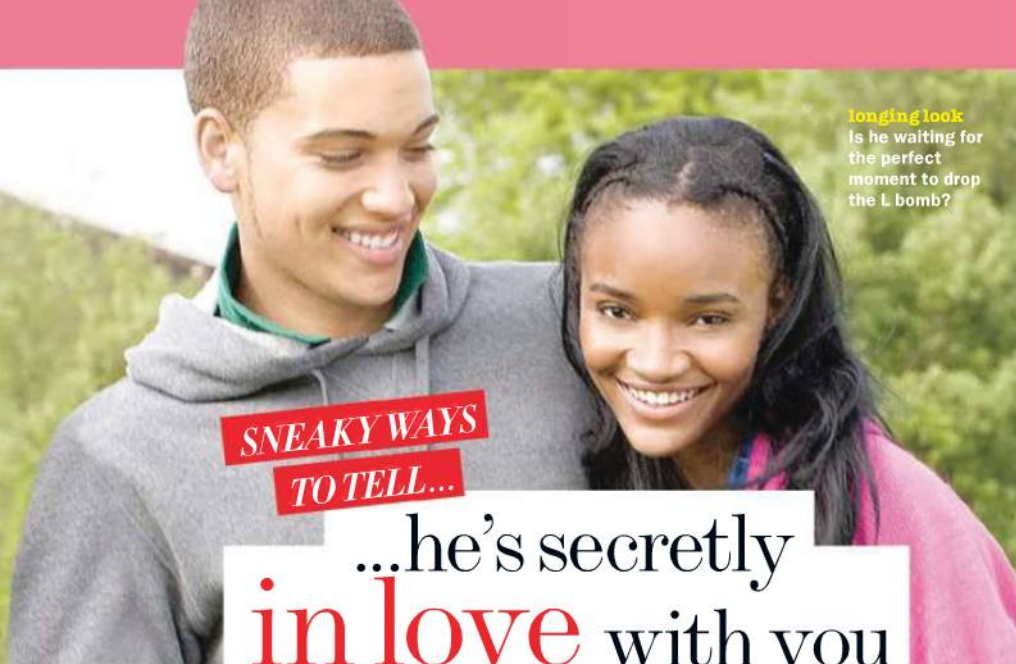
too bold flirting

"I was out with friends and I met this girl. After talking a little, we traded numbers. As we were still sitting there, she texted me, 'You're the hottest guy alive.' That's when I realized she put her name in my phone as '**Rachel, the best you ever had.**' It was way too many big moves for a first meeting."

—KEVIN, 21, NEW YORK, NY

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5 readers will win a Skype
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HOT GUY
PANELIST**
Ask your Us at
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longing look
Is he waiting for
the perfect
moment to drop
the L bomb?

**SNEAKY WAYS
TO TELL...**

...he's secretly in love with you

He might not have the guts to come out and say it yet, but here's how to know if he feels it. **BY elisa benson**

✓ He uses the L word. When he starts to think his feelings for you are love, he'll use the actual word more often in conversation. ("I love hanging out with you.") He's testing out your reaction!

✓ He reaches out when he's away. If he has major feelings for you, an "I miss you" text is his way of keeping your connection strong. That's because the closeness he feels with you boosts his hormone levels. When he is apart from you and doesn't get that same buzz, it legitimately bums him out—and he needs a fix.

✓ He loves your friends. If your guy invites your friends to hang out or gives them advice about guy stuff, it's because he cares about you so much that everyone you love has become important to him by extension.

✓ He finger-laces. When he grabs your hand, does he intertwine his fingers with yours? That tight grip is his way of communicating how tight your bond is too.

✓ He has routines. Does your guy always end phone convos the same way (like by saying a special good-night phrase)? Those routines reinforce how important you are to him. If he didn't see a real future with you, he wouldn't make you such a regular part of his life!



“how he told me he loved me”

"My boyfriend of a year and a half was driving me home one night. When I stepped out of his car, he suddenly blurted out, 'Bye! Love you!' It was so unexpected! I must have looked totally surprised, because he immediately backtracked and said, 'I mean, I really, really, really like you.' I smiled and said, 'I love you too. ... I mean, I really, really, really like you.' Now it's our special joke." —marion, 17, rochester, mn

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- 1) Head to your local Walgreens store between 4/25/2010–5/29/2010.
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juicy questions for . . .

liam hemsworth

Last year, this Aussie hottie was a total newbie. Now he's heating up the screen with Miley Cyrus in *The Last Song*—and dating her in real life! BY elisa benson

17: In the movie your character, Will, is a total romantic. Are you?

LH: "Not at all! I'm not good at talking to girls. I just stand there and stare! For me, the perfect date is any date that is not awkward [laughs]."

17: Will keeps pursuing a girl who wants nothing to do with him. Are you attracted to girls who make you chase them?

LH: "If a girl did that to me in real life, it would be really hard to keep persisting. I think I would go home and cry. I'm not that confident."

17: Is that because you've been hurt before?

LH: "I have a problem where I tend to open up too quickly and trust people too much. I've learned that I have to be more careful, especially with people I don't know as well as I think I do. You have to take things slowly—protect your heart."

17: Does Miley give you advice about dealing with fame?

LH: "Yeah, all the time. She says, 'No matter what you do, you've got to smile and not let it affect you. If you let it get to you, then you end up being the one who looks stupid.' Just deal with it, be happy, live your life."

liam's stats

Age: 20. Hometown: Phillip Island, Victoria, Australia. (He has the hottest accent!) Right now: In *The Last Song*, he stars as Will Blakelee, the popular guy who falls for rebellious Ronnie Miller (played by Miley!).

WIN!

1 girl will get a *Last Song* prize pack from Disney—autographed by Liam! Enter code [film] at seventeen.com/freetbies.

IS HE THE PERFECT BF?

For a while, Miley didn't publicly call Liam her boyfriend. But if you went out with him, how quickly would you change your Facebook status to "In a Relationship"?!



HE HOLDS HER HAND!



HE BRINGS HER A SMOOTHIE.



HE'S GAME FOR PDA!



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freebies](http://seventeen.com/freebies).



**“i was
discovered on
YouTube!”**

Priscilla Renea, 22, went from singing
in her bedroom to signing a major record deal!

AS TOLD TO lisa freedman

I remember the first time that I signed an autograph. It was in 10th grade, after I'd starred as the lead in my high school's production of *Seussical the Musical*. I couldn't believe my classmates and their parents wanted my signature—I was thrilled but also a little self-conscious. I'd sung my whole life around the house, but I had a hard time imagining anyone would really want to hear me. I'd only auditioned for the play because my choir teacher insisted. But starring in the show and getting so much praise for it made me think for the first time in my life, Maybe I do have talent.

INTERNET OR BUST

A few months after the play, I heard about a YouTube contest to win the chance to perform with Justin Timberlake at the Grammys. It seemed like a safe way to put myself out there—the Internet felt anonymous; if I wasn't good, no one at school would ever have to know. So I posted a video on YouTube singing "Cry Me a River." I didn't win the contest, but making the video was so much fun that I began posting more videos of me playing guitar and singing songs by my favorite artists, like Rihanna and Beyoncé. Since I was alone in my room singing, I still felt like I had a safety net—if people didn't like my voice or guitar-playing, they couldn't tell me to my face. Then one day I posted myself singing "And I Am Telling You I'm Not Going" from *Dreamgirls*. Jennifer Hudson's version from the movie wasn't online yet, so when people searched for the song, they found mine—and I got *thousands* of views!

I felt like my whole body was glowing! The feeling was so addictive that I couldn't stop posting—at one point, I'd uploaded more than 350 videos!

People started commenting on my posts—some said I inspired them to learn to play guitar; others said they loved my voice. I responded to every comment—I was hooked! It felt like I was making friends with people who were getting to know a new side of me.

“The feeling was so addictive that i couldn’t stop posting.”

A few commenters told me I could sing the dictionary and it would be pretty—so I decided to try it! I posted the video, then e-mailed everyone I could possibly think of to check it out. Then I googled to find an e-mail address for someone who worked at YouTube, and sent a message telling them about the video. They must have liked it, because the next morning, my video was posted on YouTube's home page—with almost 200,000 views!

MAKING IT BIG

Even though I was getting more and more recognition online, performing still felt like a hobby—it was just something I did when I was bored with homework or nothing good was on TV. Then about two months after my dictionary post, a rep from a music management company called. He said he'd seen my YouTube videos and wanted to fly me to Atlanta to talk about "future business opportunities"—there was a chance I

could get signed to a record label! My parents and I flew out to meet him, and we agreed that he seemed legit—he didn't make us sign any papers, and he didn't want to mold me into some image that wasn't me. So I went back and forth to meet with him for about a year, writing and recording songs. When I first saw other girls in the recording studio, it was crazy intimidating. They were all wearing high heels, tight dresses, and hair extensions. I thought, Is that what I have to look like to make it? It made me question whether I was cut out for such a competitive business. But the more I recorded, the more I realized that I had to be myself, and do what I felt comfortable

doing—even if that meant I'd be the girl in baggy sweatpants while every other girl was decked out in a tight dress.

Being authentic—and working my butt off—finally paid off when one day Katy Perry's rep at Capitol Records called me! He said he'd heard my songs and seen my fan base on YouTube, and thought, Oh, man—this girl is a star! He signed me that month to a four-year record deal! My first CD came out in December, I'm playing at this year's Lilith Fair concert series, and I've had about 10 million views on my YouTube page.

I never set out to get "discovered." But putting myself out there turned into something bigger than I ever could have imagined. I know I'm not a huge star yet, but someday I'd love to be. I haven't forgotten how this all started—with a few videos on YouTube. And even though my schedule is now too busy to post as much as I used to, it's still something I love to do when I get a few days off—just sitting in my room, me and my guitar, singing my heart out. **17**

GET DISCOVERED!
Follow Priscilla Renea's lead to fame.



watch your timing:

When deciding which songs to cover, choose ones that are quickly rising the charts. (Check out the Top 100 on iTunes.) Don't cover songs that already have tons of online versions—yours will get lost in the mix.



promote yourself:

Spread the word about your videos—post links on Twitter, Facebook, and MySpace. And don't get creative with your video titles: The secret to getting lots of hits is to have really simple keywords in your title, so that anyone doing a basic search will find them.



grow your fan base:

Having a built-in following will make you appealing to music execs. So keep fans coming back to your page by constantly updating it, responding to your commenters, and returning their support by checking out *their* pages.

facebook drama!

Logging in to FB can change your life—for better or worse!

“MY PICS ENDED UP ON A PORN SITE!”



“I was using the Are You Interested? Facebook app, and **this cute guy**, John*, clicked yes and sent me a wink. He said he was 18 and from France, which I thought was cool—so I accepted his friend request. At first he was **sweet**, but his messages turned **creepy**. He'd say, 'I want to [have sex with] you,' and ask me to send **dirty pictures**. I told him no, but as a 'friend,' he had access to my photos. He then told me he posted them to a Web site—I clicked through and saw it was a soft-core porn site, and that he edited my face onto raunchy pornographic pictures to make it look like they were **photos of me**! I felt so violated. I've asked the site to take them down, but I'm worried someone I know will see them and think they're real. Now I never accept friend requests from people I've never met.”

—SARAH, 18, EDMOND, OK

“I FOUND MY LONG-LOST BROTHER!”



Laura was united with her big brother!

“When I was 16, I was snooping around at home and found child-support papers my dad had—it turned out that before he married my mom, **he had another son**, Brian, with an ex-girlfriend. My family was always so close, so I wanted to find my brother. My dad supported me, but knew only Brian's name, age, and that he was in the military. **So when I was on Facebook** one day, I entered his name into the search field, and the **first** guy I contacted was **him**—it felt like fate! Brian was shocked to get my message—he didn't know anything about my dad, other than his first name. **We started talking every day**, and after a year, Brian spent a week with our family. It was like a missing piece: Our long-lost big brother had finally come home.”

—LAURA, 21, SATELLITE BEACH, FL

“I DISCOVERED MY BOYFRIEND WAS ENGAGED!”



“I was friends with Rick* in grammar school, before his family moved away when we were 14. But then a few years ago, we **reconnected** over Facebook. I really liked him, but he was stationed in the Army in North Carolina and I was in South Dakota. So we started dating **long-distance**. Six months into our relationship, I saw he joined a Facebook group called Support My Fiancé While He's in Iraq. I clicked on it: **Rick** was the 'fiancé,' and the group was created by a girl he was **engaged** to! I was shocked. Rick ignored my calls—then sent me a Facebook message that said, 'Ha-ha!' with a **smiley face**! I was **furious**. A year later, he sent me another message: 'I should have nails pounded into my skull for what I did to you.' He went on to tell me that after only four months of marriage, he was getting **divorced**. Now I realize Rick was using Facebook as a crutch for being a cheater—and a coward.”

—KERI*, 22, SIOUX FALLS, SD

WIN!

Keep your Facebook drama under control everywhere you go: Two winners will receive Motorola's DEVOUR with MOTOBLUR. Enter code [tech] at seventeen.com/freetbies.



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the **secret** to finding a summer job

There are still lots of awesome jobs out there—*Seventeen* money expert **Farnoosh Torabi** knows how *you* can score one!

PLAY UP YOUR AGE

With more adults competing for the same jobs you want (go away, recession!), drive home what sets you apart from older candidates: You're flexible—you can work any time or day. And you have great social networking skills—a *huge* plus, since more companies (like Disney and Pizza Hut) want interns who can spread the word about their brands on Facebook, Twitter, and MySpace. (Search for "social media intern" to find the gigs!)



WIN!
Need more summer spending money? Two readers will receive a \$150 Discover gift card!
Enter code [money] at seventeen.com/freebies.
DISCOVER

work the crowds

Turns out **Facebook** can give you an edge on the competition! At simplyhired.com, you can find jobs you're interested in, then post them to your Twitter or Facebook profile. Add a message like, "Anyone know someone who works here who can help me get my foot in the door?" Pssst: Ask your parents to update their Facebook statuses to: "My daughter is looking for a summer job. Would love your help!"

PS:

CHECK OUT THOUSANDS OF SUMMER JOBS!

SimplyHired.com created a special teen-job search engine just for you! Go to seventeen.com/summerjobs to search for jobs in your area!

go gov

The mall may seem like the place where the action is, but the US government is actually the biggest employer in the country—plus, government jobs generally pay higher than minimum wage. Sweet! Search for jobs in your area at usajobs.gov/studentjobs.

GET VIP JOB LISTINGS

Smartie job-hunters go to the Web sites of the companies they're interested in, but an even *more* insidery way to get the scoop on jobs at small businesses and big brands (Nike, Domino's, Gap) is by going to twitterjobsearch.com. The site tracks postings on Twitter that mention jobs. And if there's a company you're determined to work for, become a fan of its Facebook page to stay plugged into upcoming openings!

CELEB JOB!



“I had only one job growing up. I worked at a smoothie café. I used to have to dress up as a banana!”

—MEGAN FOX



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freebies.

"i intern for the toughest boss ever"

You've seen fashion PR guru Kelly Cutrone intimidate staffers on *The City* and *Kell on Earth*, but intern Maxiel, 22, has the *real* story.

"I'm not going to lie: When I got my internship at People's Revolution, I was terrified to meet Kelly Cutrone, the company's founder and CEO. I'd heard that on early episodes of *The Hills*, she practically ate people alive who weren't on their toes! But I love fashion and I major in public relations in college, so People's Revolution is the dream place to do fashion PR: They produce fashion shows around the world and work with some of the most famous and influential brands. And I figured that, since I was just an intern, Kelly probably wouldn't notice me anyway, so I'd be fine.

But during my first week, Kelly called me into her office! It turns out, she takes the time to meet *all* of the interns. In person, she was the opposite of how she seems on *The Hills*. She asked about my background and interests, genuinely listened, and had this really soulful, nurturing vibe. Then she offered me one important piece of advice: 'In the fashion business, you can't want everyone to like you.' I didn't really get what she was talking about, but I mentally filed it away.

Then one night, I got it: I was overseeing the guest list at the door to a party for a fashion designer. It was 2 A.M., the party was packed, and I was told not to let anyone in who wasn't on the invite list. Some guy who said he was a big shot at a

fashion label started screaming at me for not letting him in. 'How dare you! Who do you think you are?' he yelled. 'I'm calling Kelly and by 9 A.M., you won't have a job!' I was so scared I'd get fired, but I stuck to my orders and, in the end, my bosses respected me for doing what I was told. It wasn't easy to withstand being attacked in front of dozens of people. Before this internship, I would have just tried to make him happy. But as Kelly had told me, in fashion, sometimes you have to be tough.

Fashion PR isn't all glamour and parties, though, or about having the latest Louis Vuitton bag or dressing up in high heels every day, like you'd think. Everyone works so hard and runs around so much that you wouldn't want to wear anything other than comfy shoes to the office! During New York Fashion Week, which is when designers have their runway fashion shows, we get to the office at 9:30 A.M. and don't leave until 2:30 A.M. the next morning—we're that busy mailing invitations, organizing RSVPs, and overseeing seating charts. Everyone (even Kelly!) is expected to work her butt off—I've taken out the office trash and cleaned toilet paper off bathroom floors. Some interns resent it; they think, Why am I doing grunt work if I want to break into fashion? But the truth is that fashion is a multibillion-dollar business. You have to get dirty to earn

your way to the glam side of it—like traveling the world and meeting with designers—and I'm willing to do whatever it takes.

DO'S & DON'TS!

Kelly's team shared these insider secrets for making it in the fashion PR world:

✓ DO BUY A BLAZER.

A key piece for fashion interviews is a simple black blazer. It gives you a professional edge, and you can wear it over a dress, a skirt, or pants.



✗ DON'T DRESS FOR THE CLUB.

It's never okay to wear short or tight skirts or to show cleavage at the office.

✓ DO PUT YOUR BOSS FIRST.

Don't guess what your boss needs—flat-out ask her. It shows you have initiative—and that you're not intimidated by higher-ups.

✗ DON'T BE A DIVA.

Lots of tasks in the fashion world aren't glitzy—like organizing closets and making coffee runs. Do them *all* with a good attitude, and you'll (eventually!) be rewarded.

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INFLUENCE

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LIVEUNITED.ORG**

seventeen's
FRESHMAN
15

college do-overs

The Freshman 15 reveal their first-year blunders so *you* don't make the same mistakes! BY elisa benson

COPPING AN ATTITUDE

“I always wanted to go to a four-year school but ended up at community college so I wouldn't have big student loans. **I was so bitter**, I didn't make an effort to meet people or go to parties. By the time I realized I actually like it here, **I had to play catch up** to make friends and get involved. I wish I hadn't wasted any time!”

—ANDREA, BLACK HAWK COLLEGE

Andrea almost blew it by looking down on community college, but now she's proud of her school!



WIN!
One girl will get a laptop and a detachable monitor—perfect for when you're back in the dorm room!—from ASUS. Enter code [dorm] at seventeen.com/freebies.

DIVING INTO MY MAJOR

“When I got to college, I was *sure* I wanted to major in communications, but after a semester, **I realized it wasn't for me**. At that point I'd taken the foreign-language class required for comm majors, which I *hated*. What a waste! I should have tried a few classes I might like before committing to one set path.”

—DIANE, QUINNIPIAC UNIVERSITY



TRYING TOO HARD

“I'm from Texas, and the first time my new Cali friends wanted to go to the beach, **I got so dressed up**—monogrammed beach bag, makeup, *everything*, but my friends just grabbed a shirt and shorts. Embarrassing! I was so worried about fitting into my new surroundings, I ended up going overboard. Now I realize, it's better *not* to try so hard, and just let people see the real you.”

—LINDSEY, UNIVERSITY OF SOUTHERN CALIFORNIA



CONSTANT PARTYING



“When I got to college, frat guys stuffed party invites under my door and upperclassmen asked me to the clubs—I would sleep only **four hours a night** because I wanted to do it all. But I got so sick that I could barely get out of bed. Now I have balance: Every week I plan to hit just the best parties, and leave the other days for studying.”

—KATIE, UNIVERSITY OF PENNSYLVANIA

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best party ever!

Whether you're going for a big crazy blowout or a chill night in with your girls, everything you need for an awesome time is right here! **BY NEHA GANDHI**

PAPARAZZI PARTY

Party like a celeb—and cast your friends as the stars!



dine like the A-list Celebs are always being spotted at fancy L.A. sushi hot spots—get that star-studded feel (minus the fish breath!) with *candy sushi*! Whip up a batch of Rice Krispies treats, and cut them into sushi roll-size circles. (Use a cookie cutter.) Poke little holes in the middle, and fill with gummies and Swedish fish, then wrap each “roll” in a Fruit Roll-Ups strip.

Strike a pose like Blake Lively!



pose on the red carpet

Create a backdrop for a “step and repeat.” (That’s where celebs stand and pose at events for the paparazzi!) Just put a sparkly curtain on a wall for everyone to pose against, and snap pics of all your friends. You’ll get a ton of cute photos, and it gives everyone a reason to come dressed up and looking their hottest!

gold doorway curtain
\$10, partycity.com



This party is a great excuse to get dressed up and dance with all the cute guys!



light up the night

Everyone looks a little sexier by candlelight, so turn down the lights and bask in these candles’ golden glow. Just paint 1-inch stripes of candle glue onto a pillar candle and sprinkle with glitter! A gold table cover and a sprinkle of confetti add to the sophisticated vibe.

table cover \$7, plumparty.com.
confetti \$3, partycity.com.

CELEB IDEA

ASHLEY GREENE'S FAVE GAME!

Ash and her best friend, Kellan Lutz, loved playing *Apples to Apples* when they were holed up (hiding from the paparazzi!) in Vancouver, British Columbia, shooting the *Twilight* movies!



“We do a lot of game nights on the set, and we love playing *Apples to Apples*—we all have silly, spontaneous sides to our personalities that the game really brings out.” —ASHLEY GREENE



This card game is all about riffing on things that almost (but not quite) go together—the fun is in defending your crazy answers!

apples to apples \$17, amazon.com

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BACKYARD BASH

Get outside and enjoy your warm, sunny freedom!



chill out Make the ultimate warm-weather treat: snow cones! All you need is this cool machine, some ice, and the syrups (pick from cherry, watermelon, and blue raspberry)!

sno cone maker Target, \$20; **flavor syrups** Target, \$2 each; **25-count sno cones and straws** Target, \$3, all target.com.



make a statement For a splash of color that gets everyone in the party spirit, decorate the windows with fun markers (that you can wash right off later on)!

erasable paint markers Party City, \$3 each, partycity.com

CELEB IDEA

3OH!3'S ULTIMATE PARTY PLAYLIST

Sean Foreman deejays the perfect set for your party. He and Nathaniel Motte spin at the hottest events and know how to get your crowd going!



1. "Yeah" —Usher featuring Ludacris and Lil Jon "Lil Jon is a master of party music. You could basically just play 10 songs of his in a row, and people would go out of their minds."
2. "Tik Tok (DJ Skeet Skeet Remix)" —Ke\$ha "Nuf said."
3. "Paper Planes" —M.I.A "This song never gets old."
4. "Sexy Chick" —David Guetta featuring Akon "So fun to dance to, and it has such an epic build before the chorus."
5. "Hey Ya!" —Outkast "Shake it like a Polaroid picture. But don't shake your Polaroid picture—it will come out blurry."

Check out the rest of their super-fun playlist at seventeen.com/partyplaylist.

IPS: Try the DJ Mixer from FashionNation and deejay an outdoor dance party, mixing the music from your iPod and from your friends' iPods!

iSpin Fashionation, \$120, merkuryinnovations.com

WIN!

5 lucky readers will win this iPod DJ mixer! Enter code [beat] at seventeen.com/freebies.

It's almost summer! This is your chance to celebrate the end of school and party with your friends.



Cabanas are a fancy beach-party staple!



get cozy outside Set up a DIY cabana lounge for hanging out (or making out!) away from the dancing. Load up a bench with bright throw pillows, drape gauzy white fabric (or curtain panels) from trees, and dangle colorful paper lanterns off the branches for a festive touch.

round paper lanterns PBTeen, \$9 for small, pbteen.com. **crinkle cotton window panel** West Elm, \$24 for 84" size, westelm.com. **lola stripe pillows** \$19 each, wrapables.com. **molger bench** Ikea, \$40, ikea.com.

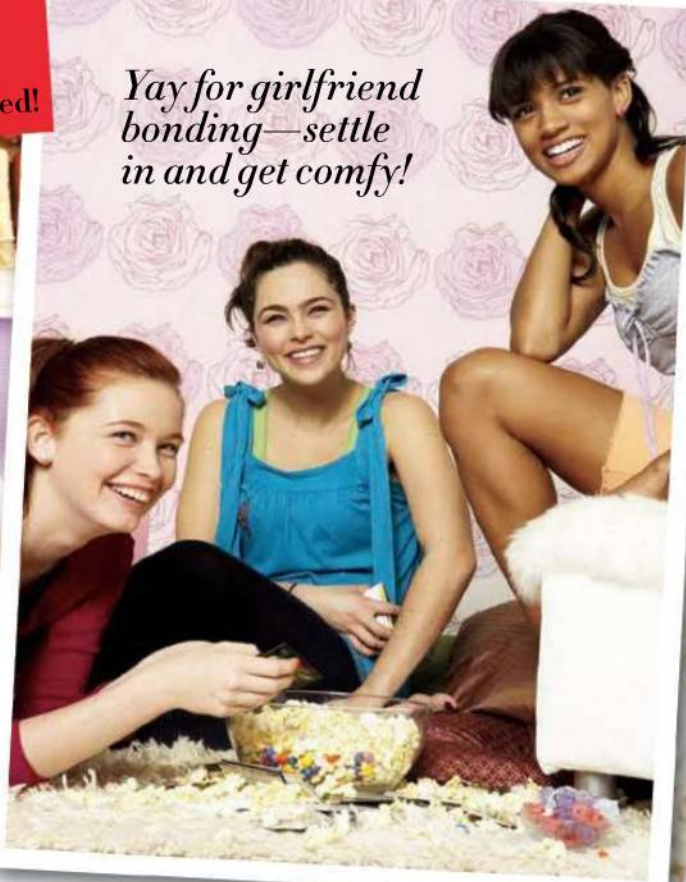
GIRLS' NIGHT IN

Make this the ultimate feel-good night—no guys allowed!



indulge Pack the buffet with your usual faves (popcorn!), plus fun mini comfort foods. Slice grilled cheese sandwiches into triangles, make mini hot dogs (cocktail franks in mini buns), and bake mac and cheese in tiny bowls. It's all the yummy food you want but sized for snacking!

Yay for girlfriend bonding—settle in and get comfy!



make it personal

Transform your room into a girl-party space by printing poster-size black-and-white photos of you and your friends. Their grainy retro finish makes them feel extra special!

18"x24" photo blowup \$3, Kinko's Copy Centers



CELEB IDEA

TAYLOR'S TOP 5 CHICK FLICKS

What's a girls' night without a good rom-com? Try these fun girlfriend-y favorites from Taylor Swift!



1. *Love Actually*
2. *Waitress*
3. *Mean Girls*
4. *Drive Me Crazy*
5. *Juno*

"My favorite is *Love Actually*. That movie has inspired me in so many different ways, just seeing how all these different things could be going on in these people's lives. It's this huge quilt of stories, and I love that." —TAYLORSWIFT



Katy Perry knows no party is complete without a gift bag!



give out swag bags The easiest way to make your friends feel like they're at a special event? Cute gift bags! Fill them with nail polish; lip gloss; candy (wrap M&Ms in net and ribbon for a classier look); and something cute, like a quirky nail file. They'll remember your party long after it's over!

gift bags \$1 each, Dollar General stores. **nail file** Tokidoki, \$5, sephora.com; **mega mixers flavored lip balms** Wet N Wild, \$1 each, drugstores. **nic's sticks paint & go nail lacquer in plum & get it** Nicole by OPI, \$7, Walmart stores.

17 EXPERTS: Bronson Van Wyck, celebrity party planner; Lindsay Landman, owner of Lindsay Landman Events in New York, NY.

www.journal-plaza.net & www.freedowns.net



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seventeen

May 2010



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Sweet Deals p.144



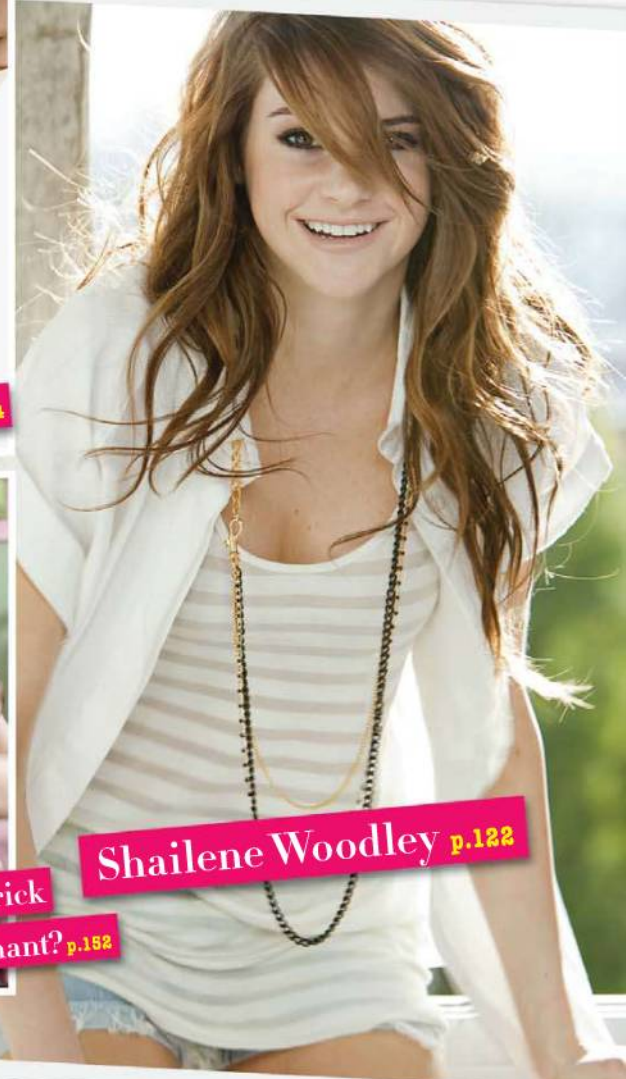
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Could Hollywood Trick You Into Getting Pregnant? p.152



Shailene Woodley p.122

get ready to
BLOOM!

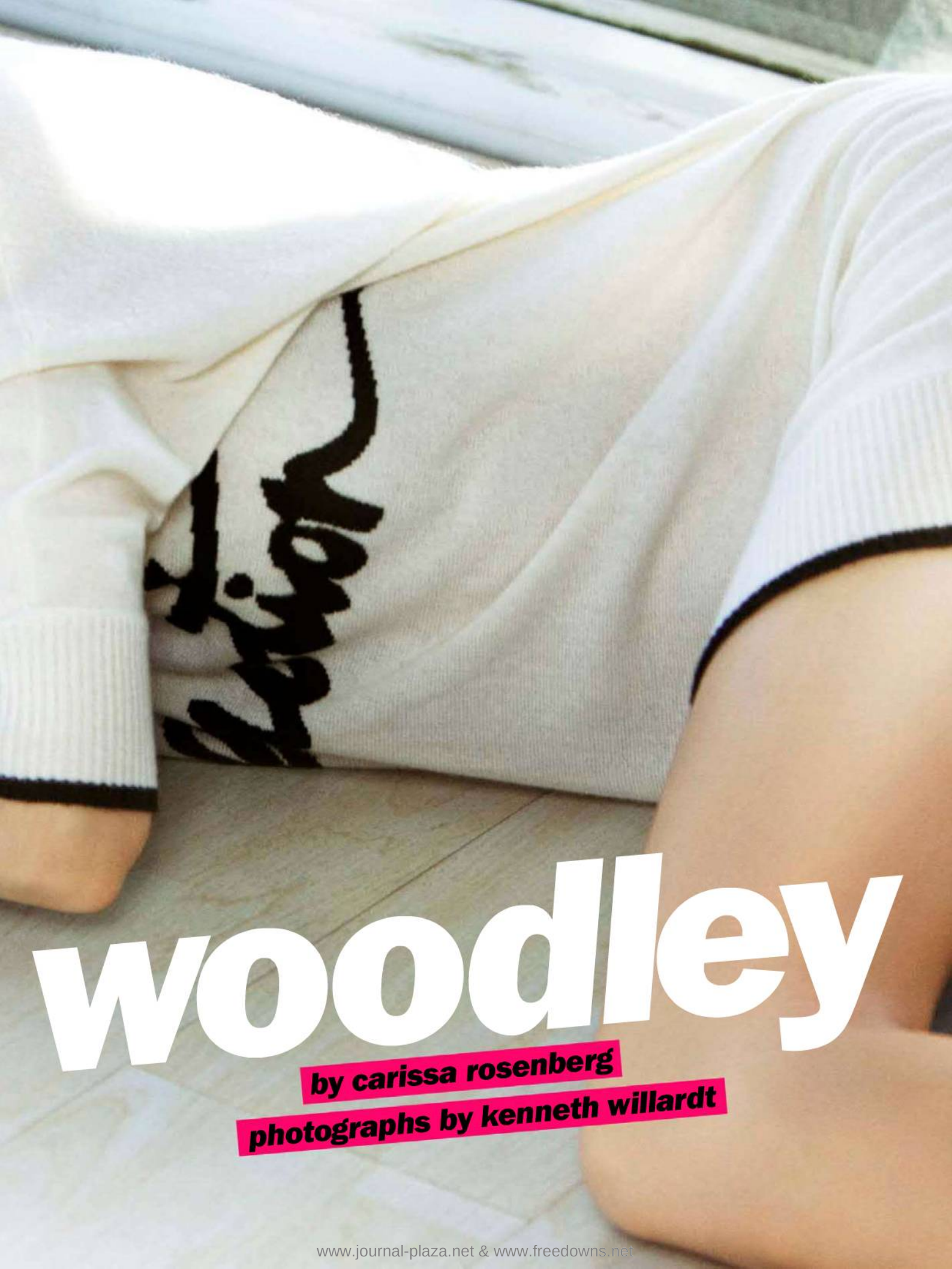
May flowers mean it's time to score cute clothes under \$20, try the hottest makeup trends (you need only five products!), and learn the secrets of *this* American teenager, Shailene Woodley.

A close-up photograph of actress Shailene Woodley lying on her back on a light-colored wooden floor. She has long, wavy brown hair and is smiling at the camera. She is wearing a white long-sleeved top and several large, black and white patterned bangles on her left wrist. Her right hand is resting near her head.

ON SHAIENE: Sweater,
Catherine Malandrino;
bangles, Ted Rossi.

shailene

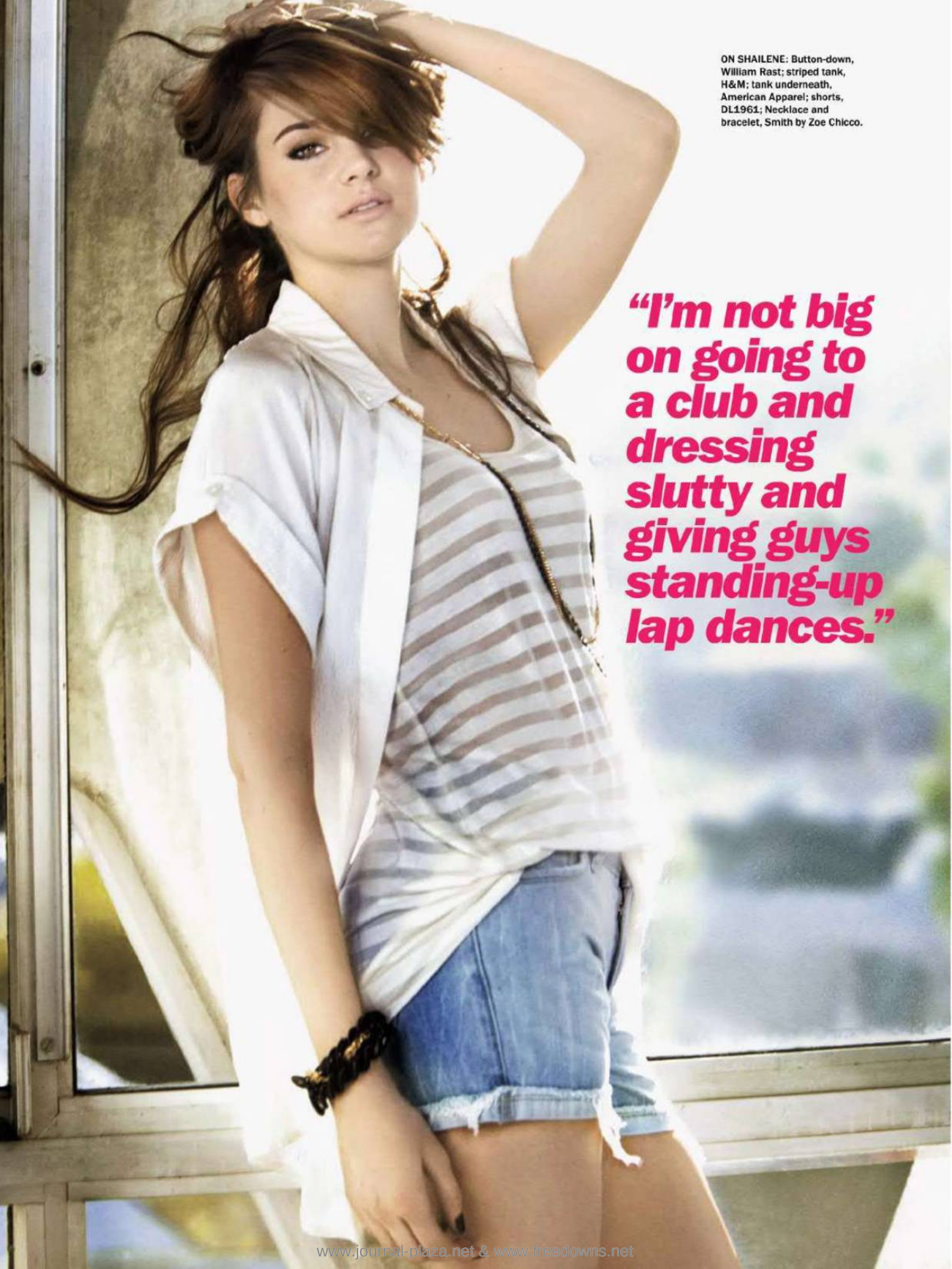
The secret is out. Shailene Woodley is not *that* innocent.



woodley

by carissa rosenberg

photographs by kenneth willardt



ON SHAILENE: Button-down,
William Rast; striped tank,
H&M; tank underneath,
American Apparel; shorts,
DL1961; Necklace and
bracelet, Smith by Zoe Chicco.

**“I’m not big
on going to
a club and
dressing
slutty and
giving guys
standing-up
lap dances.”**

If you'd been shopping for tank tops at American Apparel in New York last winter, Shailene Woodley might have been the girl who showed you to the fitting room or rang up your purchase. Because one of the biggest teen stars in America was doing what any girl would do during a break—working at a cool clothing store to earn extra cash. “I was working full-time, six days a week, but it was really, really fun,” she admits. Shai always dreamed of traveling and seeing the world, so the minute she turned 18, she took off to New York with her then-boyfriend. “We packed our bags, got on a plane, and found an apartment to rent on craigslist!” That kind of adventurous attitude might not be what you’d expect from the girl who plays the somewhat naive and conflicted teen mom Amy Juergens on *The Secret Life of the American Teenager*. But it’s pure Shai, who is less into agonizing and more about taking action. “Ever since I was a little girl, I swore I was going to go to New York University. I want to get a degree in psychology, interior design, or maybe teaching,” she reveals. She sees herself as more than just an actor, even though she’s been performing forever. “I did a lot of commercials as a kid—it was kind of the easy, fun thing to do,” she recalls. “Then I moved into TV shows, and then the *Secret Life* series.”

College may have to wait a little longer—she just landed a starring role in the upcoming film *The Descendants*, in which she plays George Clooney’s wild-child daughter who gets sent off to boarding school. The role will be a bit of a stretch for Shai, who is “not a party girl” and who grew up in a close-knit family with “an amazing mom and dad.” Having supportive, loving parents and a core group of friends at school helped Shai deal when she was diagnosed with scoliosis at 15. She had to wear a painful brace during her sophomore and junior years. A lot of girls would be self-conscious wearing a brace during the school day, but Shailene says, “I totally embraced it, no pun intended.” It’s her laid-back attitude and her wry sense of humor that got her through those tough times and have helped established her as one of the coolest young stars. The very honest and open Shailene Woodley reveals to *Seventeen* her first true love, her fashion obsessions, and her secret high school life.

17: It’s a pretty major move to pack up and run off to New York with your boyfriend. How did you break the news to your parents?

Shailene Woodley: My boyfriend and I had been together for a year, so they were very comfortable with him. But they knew the day I turned 18, I was just going to do new things and venture off. So I told them I was going to New York, and obviously it was hard on them,

but we talked on the phone every single day, and e-mailed and texted all day long. We were in communication a lot. My mom and I have an extremely amazing, close, best friend-y kind of relationship.

17: So why did you take a job at American Apparel?

SW: Our goal was to pay the rent with the money that we had from California and use the money that we made from jobs in New York to do everything else. If I worked full-time, then we could eat nice dinners or buy seafood to cook at home or see a musical. Originally, I thought it would be so much fun to work at a New York coffee shop. But everywhere requires two years experience in *coffee*,



ON SHAILENE:
Top, Tart for Victoria's
Secret; jeans, William
Rast; glasses, Balenciaga;
heels, Casadei.

and I don't have that. So I got a job at American Apparel. You get to meet new people, and I love feeding off other people's happiness. So if I saw grumpy people, I'd make it my goal to make them happy. It was fun.

17: American Apparel style is pretty sexy. What kinds of outfits did you put together for work?

SW: I would wear electric red tights and then a striped blue-and-red nautical type of dress. And then I got knee-high blue socks that I would scrunch down like leg warmers. I liked the skintight leotards with no bra; I thought that was a cool look with a high-waisted skirt. You have to wear oxfords or vintage shoes to work there. New York style is so cool. I feel like I can never capture it, but it definitely changed my perspective on how you could play with different patterns and colors.

17: What was it like living with your boyfriend?

SW: We discovered we're just not right for each other right now. We both have a lot to learn. I definitely have to learn how to compromise more, because we're both very passionate about what we like. He has to learn to be more patient. And I found in this relationship that I need my space. I'm the kind of girl who can be social, but I love silence just as much as I love commotion. I love being in the center, getting everyone rallied up, as much as I love being in the corner watching everyone. There are times when I just want to come home and not have music on and take a bath and go to bed at 7 at night. And living with a boyfriend, you can't do that as much, since he has his things too.

17: Was this the first time you were in love?

SW: Definitely. And it's weird. I'll always love him as a person. But I just don't want to be in a relationship right now. I didn't realize having a guy in your life means you have no time for anything else—you lose so many friends; you lose a lot of who you are. I need to gain all that back.

17: Did you date a lot in high school?

SW: I was never the girl who had a different guy over every night. I had very innocent boyfriends. And then around junior year, more serious boys came into the picture. But even then, I always made them meet my family. I think you get into trouble with guys when they know you'll hide things—like you won't tell your mom or dad when trouble happens.

17: What were your high school parties really like? Did you ever end up in a sketchy situation?

SW: I was never the party girl. I know a lot of people in high school who smoke weed. At some parties, I know that people snorted coke on the table or heroin, but I've never seen that. It was mainly pills. There are a lot of people in school who do drugs and do turn their lives around, but it's hard to do. I'm just grateful that I never tried it. I've always been really interested in my health. As long as I'm not putting poison into my body, I'm fine.

17: Did your parents know about these parties?

SW: If I said I wanted to go to a party and I told them there would be alcohol there, they'd write down the parents' names, then drop me off and pick me up—which is fine. They knew I wouldn't drink. My parents trusted me, because I never gave them a reason not to trust me.

17: What do you like to do for fun?

SW: I would much rather go hang out at a music venue. If it's an '80s party or some kind of theme, I'm totally in. I'm not big on going to a club and dressing slutty and giving guys standing-up lap dances. It's not me.

17: Was your social life affected by your scoliosis? What was it like wearing a brace?

SW: I wore it for two years, sophomore and junior years. And I hated it. But at school, it was totally cool. My friends called it Casey, and they all signed it. What sucked was I could have it off only six hours a day. So I had to sleep in it; I had to do everything in it. And the worst part for me was in the summer, when all my friends were in bikinis, and I could be in a bikini and

“I don't want to be in a relationship right now. You have no time for anything else.”

have the brace off, but then I'd have to put it back on with salt water and sand on me and drive home with the brace on. There were times when I just wanted to tear it off and times I cried and I'd hate it or it just got so painful. Every two weeks, it would push even harder, and I felt like all my organs were moving, and my entire body was sore. But there are kids hooked up to ventilators their entire lives, and that brace is nothing compared to what they go through. That's just how I looked at it.

17: That's a great attitude. Where does it come from?

SW: I have really good friends, and I was never involved with drama. My big goal in life is to end judgments and to bring back kindness and to live from a positive place. **17**

ON SHAILENE:
Jacket, Doma;
shirt, Sosume;
jeans, her own.



HEAD-TO-TOE

Cute

STYLE STARTS FROM THE GROUND UP,
AND THESE HOT NEW SHOE TRENDS
CAN MAKE YOUR WHOLE LOOK!

Photographs by Nicholas Routzen

Floral BOOTS

boots

Sizes 5-11, Dr. Martens,
\$120, drmartens.com.

jumpsuit

Sizes 2-14, Cavi, \$100,
Macy's.

tank

Sizes S-L, Vintage
Havana, \$68,
shopvintagehavana.com.

necklaces

M. Haskell, \$22 each,
select Dillard's.

ring

Lulu's, \$11, lulus.com.

Retro CLOGS

clogs

Sizes 6-11, Seychelles,
\$100, habitatshoes.com.

jacket

Sizes 2-10, Topshop,
\$125, topshop.com.

vest

Sizes XS-L, Steve Madden,
\$52, Macy's.

cami

Sizes XXS-XXL, American
Eagle Outfitters, \$20, ae.com.

dress

Sizes XS-L, Aéropostale,
\$50, Aéropostale stores.

necklace

(worn as a headband)
Topshop, \$40, topshop.com.

bracelets

Tan leather bracelet, \$60,
and caramel leather bracelet,
\$70, both Jutta Neumann,
juttaneumann-newyork.com.



Mary Jane **FLATS**

flats

Sizes 5½-10, Restricted Footwear, **\$45**, endless.com.

shirt

Sizes XS-L, American Apparel, **\$40**, American Apparel stores.

shorts

Sizes 25-30, Nitrogen by RD Style, **\$36**, lulus.com.

watch

Fred Flare, **\$30**, fredflare.com.

bracelets

Gold bracelet, Simply Vera Vera Wang, **\$28**, kohls.com; pink bracelet, Harajuku Lovers, **\$110**, select Macy's.

ring

Lulu's, **\$9**, lulus.com.



Bright SNEAKERS

sneakers

Sizes 3½-13, Reebok,
\$120, reebok.com.

jacket

Sizes 2-12, H&M, \$60,
H&M stores.

shirt

Sizes XS-XL,
Aéropostale, \$10,
Aéropostale stores.

jeans

Sizes 0-13, Roxy, \$55,
roxy.com.

necklace

AMI Clubwear, \$7,
amiclubwear.com.



Tribal **WEDGES**

wedges

Sizes 5½–11, Cynthia Vincent for Target, **\$30**, select Target stores.

black tunic

Sizes XS–L, Tavik Swimwear, **\$100**, 80spurple.com.

blue tank

Sizes XS–L, Tavik Swimwear, **\$80**, 80spurple.com.

skirt

Sizes S–L, AMI Clubwear, **\$14**, amiclubwear.com.

bracelets

Thick bracelet, **\$60**, and thin bracelets, **\$40** each, all Diane Von Furstenberg, dvf.com.

Architectural **HEELS**

heels

Sizes 6-10, Christian Siriano
for Payless, \$80, select
Payless ShoeSource stores.

romper

Sizes XS-XL, Lost, \$42,
Tilly's stores.

necklace

AMI Clubwear, \$6,
amiclubwear.com.

ring

Lulu's, \$11, lulus.com.



Fashion Stylist: Anna Levak at Marek & Associates. Hair: Staci Child at Defacto for Redken/Cutler Salon. Makeup: Janeiro for MAC PRO at Judy Casey, Inc.

Manicure: Lisa Logan for M2M DamoreJon at Artists by Next.

www.journal-plaza.net & www.freedowns.net

FAB 5

YOU DON'T NEED A TON OF PRODUCTS
TO LOOK AMAZING! USE THESE 5 SUPER FINDS TO
MAKE ALL 5 OF THESE PRETTY NEW LOOKS!

by Yesenia Almonte Photographs by Ondrea Barbe



eyeshadows:

Stila Jewel Eye Shadow Palette, \$32, Sephora stores; L'Oréal Paris HIP Studio Secrets Professional Matte Shadow Duo in Animated, \$8, drugstores.

eyeliner: Victoria's Secret VS Makeup Eye Liner in Exotic Plum, \$8, Victoria's Secret stores.

mascara: Hard Candy Lash Call Lengthening Mascara in Limelight, \$6, Walmart stores.

blush: Cargo Blush in Key Largo, \$26, cargocosmetics.com.

ISLAND GLOW

Find your tropical vibe with this bronzy-bright combo. Intensify your eyes by tracing the purple pencil along your top and bottom lashlines—soften by smudging with your finger. Use a shadow brush to sweep the gold shadow in the palette on inner eye corners, then use a fluffy brush to dust the same gold on your cheeks. Mix with a dab of Vaseline and apply it as a lip gloss.



WILD STREAK

Try neon cat eyes! Turn black shadow into eyeliner by wetting a liner brush and dipping it into shadow. Line outer two-thirds of your top and bottom lashlines, winging it out and up dramatically. With a shadow brush, apply blush to the inner half of top lids, layering three times for boldness. Mix lip balm and blush for a peachy gloss.



ROSY SHEEN

This soft look is all about bringing radiance to your skin! Use a small eyeshadow brush to lightly dust the amethyst shadow on your top lids and along lower lashlines. Blend with your index finger to soften it more. For a natural blush, use your finger to blend the rose shadow on the apples of your cheeks. (A little will go a long way.) Finally, enhance your lips with a simple shiny lip balm.





PRETTY IN PLUM

This spring, try out a playful pout. On the back of your hand, blend together a shiny lip balm, the purple eyeliner (a few swipes), and the amethyst shadow. Then use a lip brush to apply the color. Balance out deep lips with a light sweep of blush along your cheekbones.



ON MODEL: TOP: JAY GODFREY; EARRINGS: LULU'S.

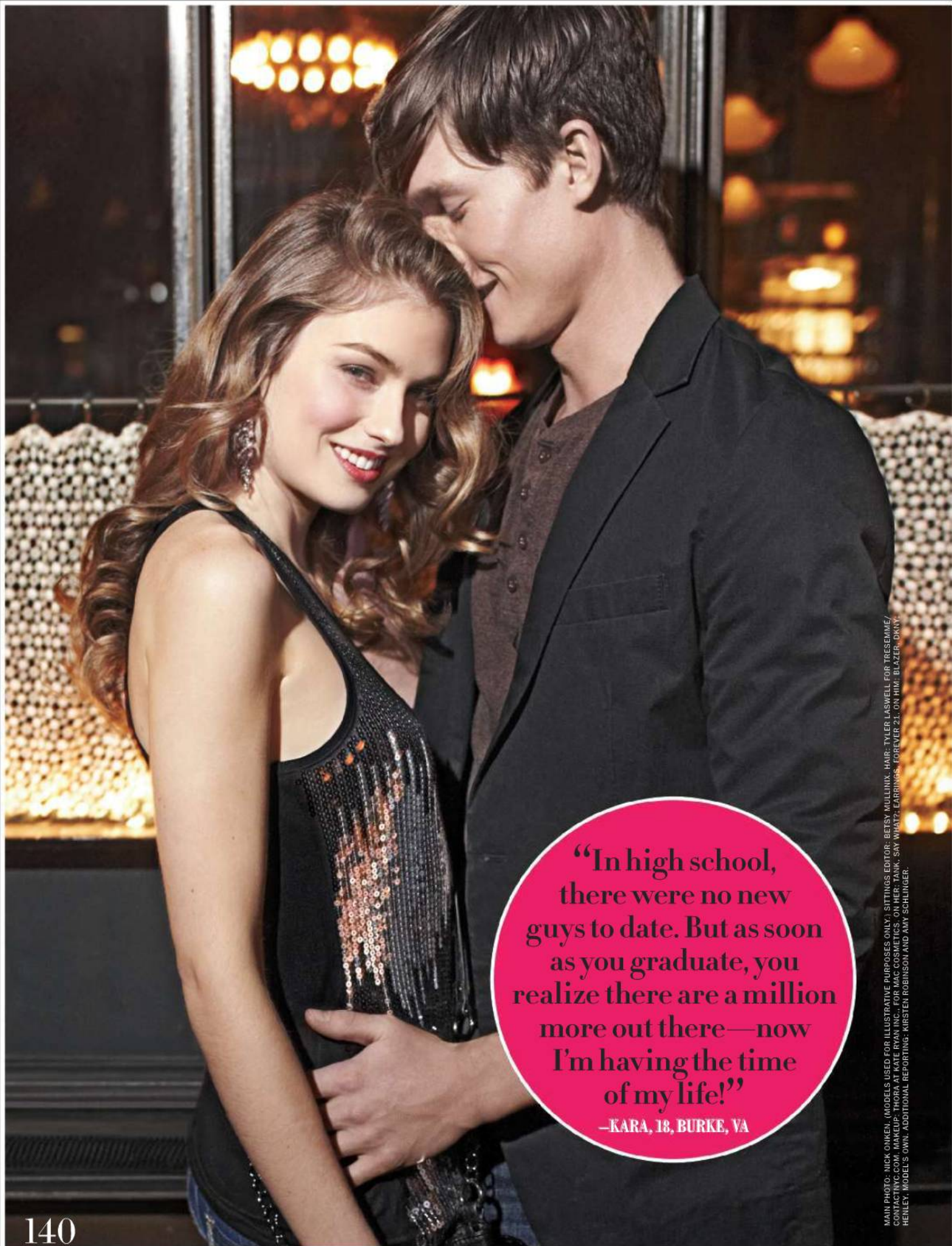
BABY BLUES



To create an ocean-inspired wash of color on your eyes, use a small brush to apply blue shadow to your top lids. Sweep into your crease. For eyes that pop, apply the white shadow on your inner corners and layer two coats of the teal mascara on your top and bottom lashes.



Fashion Stylist: Megan Ross at Factory Downtown. Hair: David Cruz for Redken/Cutler NYC at Raybrownpro.com.
Makeup: Tina Turnbow for NARS Cosmetics. Still Lives: J Muckle/Studio D.



**“In high school,
there were no new
guys to date. But as soon
as you graduate, you
realize there are a million
more out there—now
I’m having the time
of my life!”**

—KARA, 18, BURKE, VA

MAIN PHOTO: NICK ONKEN. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMME/
CONTACTING.COM. MAKEUP: THORA AT KATE RYAN INC., FOR MAC COSMETICS. ON HER: TANK. SAY WHAT? EARRINGS. FOREVER 21. ON HIM: BLAZER, DKNY.
HENLEY. MODEL'S OWN. ADDITIONAL REPORTING: KIRSTEN ROBINSON AND AMY SCHLINGER.

gradu**dating**

Everything changes
after high school—
especially love! Here's
what you need to know to
get your dating diploma.

by elisa benson

After a year or two, you get how high school dating works: You know where all the cute guys hang out on Saturday night, which guys on the soccer team are supposedly the best kissers, and that no matter how many times you browse your friend lists on Facebook, there are almost *never* any new dudes to crush on. There's a nice sense of security in knowing you've got it all figured out, yet it's exciting to be able to make a fresh start. And that's exactly what happens after high school: There are new guys to meet, you have more freedom to date around, and—once you sort through the occasional losers—there is a real chance for falling madly in love (with a guy who's mature enough to love you back). The possibilities are *endless*. The best dating years of your life are just around the corner. Here's what you need to know to make the most of every moment!

dating p.h.s.

(post-high school)

A flirty gaze, kissing, hooking up—that stuff always stays the same. But there are a few things that change about meeting guys.

You're *not* friends first.

In high school, you get to “accidentally” run into your crush in the hallway, press your mutual friends for details about who he talked to at Saturday’s party, and casually chat him up for weeks during study hall before you ever get together. But it’s different when you’re not dating in a small social circle. You meet a guy, trade numbers, and make plans to hang out. It’s fun to hear all his cool stories about people and experiences that are different from your own life, and to get to know him date by date. But since you don’t have years of history together, you ultimately have to trust your gut: Is this guy someone you want to keep seeing, or not? Your instincts won’t always be spot-on. (You will date boys who suck, guaranteed!) But over time, you learn how to listen to your heart.

“Last summer, I passed the same cute guy every day walking to my internship. One day, he stopped me on the street and introduced himself, and we went out a few times. That never would have happened in high school!”

—JORDAN, 21, CHARLOTTESVILLE, VA



real-world love
Emma Roberts said her P.H.S. plans were to find “a really nice boyfriend.” There he is!

Guys don’t break up with you—they disappear.

You probably remember everything about your last breakup, down to what you were wearing or what was on the radio. But most short-term relationships after high school never officially end—the dating and texting just stop. Since guys know they won’t have to face you again in homeroom, they feel like they can get away with sidestepping an awkward split. You get the same freedom: If you’ve gone out with a guy a few times and he turns out to be a dud, just stop calling him—and save both of you from that uncomfortable conversation where you fake like you “just want to be friends.”

“I hit it off with this guy at a party, and we talked and texted for days—until it all completely stopped. At first I was so disappointed. But I’ve learned you have to have that attitude, like, ‘Next!’”

—JULIE, 18, HUNTINGTON STATION, NY

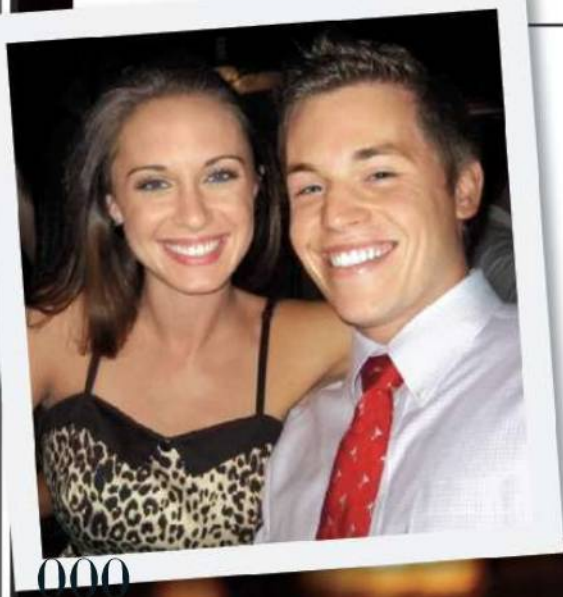


You don’t have to feel stuck to a “type.”

In high school, you and your friends know each other so well and have so many shared experiences that it feels natural to stick to guys who fit into your circle. But when you’re on your own and you have the opportunity to meet a million guys—some totally different from you—you find which ones you *really* click with. Instead of preconceived notions about who either of you were in the seventh grade, you start with a clean slate!

“My friends and I used to go for the same kind of guys. But my college relationship is more mature—there’s no in-crowd to worry about, so I only care about dating a guy who makes me happy.”

—NICOLE (WITH HER BF, JOE), 21, HILLSBOROUGH, NJ



your change of heart

It's not just that your life is different after high school—you're different. Here's why that's a good thing!

♥ You're pumped to try new things.

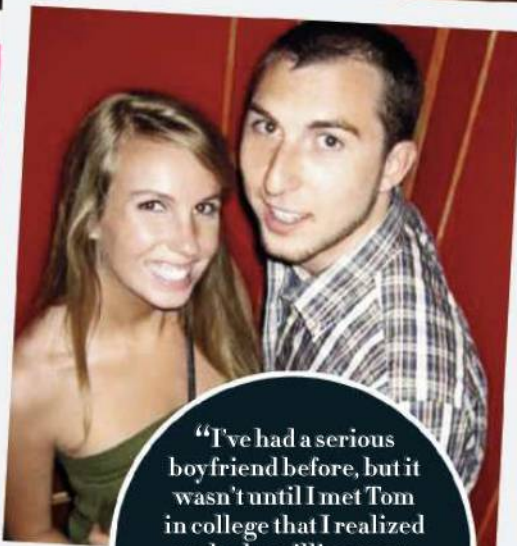
Surviving major lifestyle changes (starting college! getting a job!) gives you the confidence to take risks in dating too—like asking a guy out. Sometimes little risks can have *huge* rewards.

♥ You have tons of freedom.

When you no longer live with your parents, you get to make your own rules. (Are you okay with kissing a guy you just met? Do you want to sleep over in this guy's dorm room?) Yes, you might make mistakes—but ultimately you learn to create your own dating guidelines.

♥ You discover your dating destiny.

The trial-and-error process of dating helps you realize what kind of relationships you want in the future. Instead of dating a guy just because he's the best one for you at your school, you get to look for guy qualities that complement who you really are.



"I've had a serious boyfriend before, but it wasn't until I met Tom in college that I realized we had a million more things in common—I had been settling, and I didn't even know it."

—MOLLY (WITH HER BF, TOM),
21, RUMSON, NJ

"As I get older,
I don't settle.
I'd rather
tell somebody
'This is
what I want—
take it or
leave it.'"

—AMANDA BYNES



bad high school habits

There's no better time than graduation to kiss these dating don'ts goodbye.

✗ blaming yourself

Relationships fall apart for reasons that have *nothing* to do with you (like bad timing). Instead of obsessing, "What did I do wrong?" shift your thinking to "What can I learn from this?" You'll soon stop feeling bad—and start moving forward.

✗ being too nice

Be honest: Do you ever let his jerky public behaviors slide, just because it's easier than confronting him about it in front of his friends at school?

Practice the art of standing up for yourself—it's the secret to getting respect.

✗ hooking up when you want a relationship

When you *know* you want something more, promise yourself you'll be clear about it with a guy. If he's not on the same page, you'll be glad to get rid of him sooner rather than later!

photographs by terry doyle

sweet deals

Craving new clothes?
Every pretty piece here is just
\$20 or under. Score!



top

Sizes S-L, AMI Clubwear,
\$12, amiclubwear.com.

jeans

Sizes S-XL, Route 66,
\$20, Kmart stores.

earrings

Forever 21, \$5, select
Forever 21 stores.

bracelets

Forever 21, \$5 for set of 12,
select Forever 21 stores.

ring

AMI Clubwear, \$4,
amiclubwear.com.

booties

Sizes 5½-11, Urban Original,
\$20, urbanog.com.



top
Sizes S-L, Forever 21,
\$18, select Forever 21
stores.
shorts
Sizes 0-13, Rue21, \$20,
Rue21 stores.
necklace
Forever 21, \$15, select
Forever 21 stores.
bracelet
Urban Original, \$10,
urbanog.com.

top
Sizes XS-XL, Wet Seal,
\$16, Wet Seal stores.
shorts
Sizes XS-M, 579, \$20,
579.com.
necklaces
American Eagle Outfitters,
\$16 each, ae.com.
bracelets
AMI Clubwear, \$5 each,
amiclubwear.com.
ring
Charlotte Russe, \$5,
Charlotte Russe stores.
socks
No Nonsense, \$5 for two pairs,
nononsense.com.
shoes
Sizes 5½-10, Urban Original,
\$17, urbanog.com.



cardigan

Sizes S-XL, Route 66,
\$20, Kmart stores.

dress

Sizes S-L, AMI Clubwear,
\$13, amiclubwear.com.

hat

Forever 21, \$8, select
Forever 21 stores.

bracelet

Charlotte Russe, \$7,
Charlotte Russe stores.

ring

Girlprops, \$15,
girlprops.com.



tunic
Sizes S–XL, Fang, \$20, Sears.
skirt
Sizes XS–XL, Charlotte Russe,
\$17, Charlotte Russe stores.
necklace
Lulu's, \$11, lulus.com.
bracelet
Charlotte Russe, \$7,
Charlotte Russe stores.
socks
K. Bell, \$13, Nordstrom.



dress
Sizes S–L, AMI Clubwear,
\$13, amiclubwear.com.
tank
Sizes S–L, Wet Seal, \$18,
Wet Seal stores.
necklace
Lulu's, \$14, lulus.com.
ring
Mark, \$14, meetmark.com.
belt
Forever 21, \$7, select
Forever 21 stores.
shoes
Sizes 6–10, Old Navy, \$20,
Old Navy stores.

**RED
HOT**

Keep your fiery locks vibrant with products loaded with color boosters that magnify your shade's bright undertones!

TRUE COLORS

REDHEAD, BLONDE, OR
BRUNETTE—YOU CAN MAKE YOUR
NATURAL HAIR COLOR POP!

BY YESENIA ALMONTE PHOTOGRAPHS BY AKOS



GOLDIE LOCKS

Give your buttery color a luminous glow with light-reflecting stylers that make your strands sparkle!



RICH **BRUNETTE**

Create depth and dimension with a texturizer and your dark tresses will thank you with pretty, piecey movement.

Fashion Stylist: Annabet Duvall.
Hair: Erin Anderson for Woodley & Bunny
Salon at The Wall Group.
Makeup: Kyriaki Savrani for Dior at
Factory Downtown.
Still Lives: J Muckle/Studio D.

17 EXPERT: Eva Scrivo, celebrity colorist
for Wella Professionals.

www.journal-plaza.net & www.freedowns.net

ON MODEL: EARRINGS, HARAJUKU LOVERS; RING, LULU'S

RED HOT

✓ **WHAT YOU NEED:** Brightness! Daily factors like sun exposure, pollution, and just the minerals in tap water can make strawberry strands look blah.

✓ **HOW TO GET IT:**

Give your red hair pretty sparkle by replacing your regular daily styling product with a few drops of color-boosting serum—they smooth your hair and make it gleam!

try: Self Help: Care of Ken Paves Elasticity Color Infusion, \$34, qvc.com

✓ **WANT MORE POP?** Kick up your color with a demi-permanent dye—it's less harsh than a regular dye because it washes out within 28 shampoos.

try: Clairol Natural Instincts in Raspberry Crème, \$9, drugstores

RICH BRUNETTE

✓ **WHAT YOU NEED:** Dimension! Dark hair tends to look flat and dull, since it absorbs light rather than reflecting it.

✓ **HOW TO GET IT:** Get the definition you crave with a gleaming texturizing cream. It creates separation and shine in all textures to show off your layers for a look with depth and movement.

try: Matrix Vavoom Design Pulse Loosely Defined Texture Crème, \$16, salons

✓ **WANT MORE POP?** If your hair is a medium-brown shade, try adding darker espresso-colored pieces with a demi-permanent dye to break up the same-ness. For black hair, add a few strands of subtle highlights to make the black stand out even more.

try: L'Oréal Paris Healthy Look Crème Gloss Color, \$10, drugstores

PLAY UP YOUR COLOR

GIVE YOUR HAIR A LITTLE KICK WITH THESE STYLING AND COLORING TRICKS.

GOLDIE LOCKS

✓ **WHAT YOU NEED:** Crazy shine! Blonde hair is the thinnest of all natural colors, making it more damage-prone, and robbing you of shine.

✓ **HOW TO GET IT:** Choose a product with pearl-like particles to help your hair reflect light and look glossy!

try: Wella System Professional Luminous Booster, \$28, salons

✓ **WANT MORE POP?** Use an ammonia-free hair color (so it doesn't penetrate and damage the hair shaft) with nurturing ingredients like bamboo extract and avocado oil—it can brighten hair while keeping it strong and super-shiny.

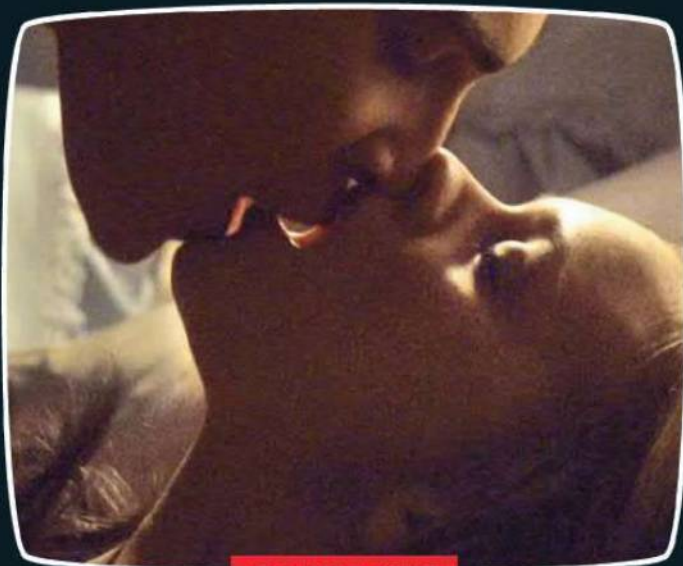
try: Garnier HerbaShine Color Creme With Bamboo Extract, \$8, drugstores



90210



TEEN MOM



GOSSIP GIRL



JUNO



THE PREGNANCY PACT



GLEE

could hollywood trick you into getting **PREGNANT?**

Teen sex and pregnancy are all over TV and movies—but do they tell the *real* story? Or do they plant a dangerous seed that could change your life in an instant?

BY MARINA KHIDEKEL

Think about all your favorite TV shows, the ones you look forward to all week and discuss endlessly with your friends—*Gossip Girl*, *The Secret Life of the American Teenager*, *90210*, *Teen Mom*. You may not be thinking about it while you watch them, but there is one thing they all have in common: lots—and lots—of sex, most of which is pretty unrealistic. On *Gossip Girl*, everyone has steamy hookups without protection and without consequences like STDs or pregnancy. On *The Secret Life of the American Teenager*, the teen-mom character, Amy, had a baby last year but is already back in school and looking *amazing*—while balancing classes, a social life, and motherhood. On *90210*, the option of Adrianna having an abortion was quickly dismissed, as if it weren't a real choice for teen girls. And then there are movies like *Juno*, where it seems easy, and even kind of noble, to be pregnant in high school.

Of course, not *all* messages about teen pregnancy are so unrealistic. *16 and Pregnant* and *Teen Mom* do a great job at showing the gritty, real struggles of teen pregnancy. But even still, there is something almost glamorous about having an entire nation think your life is compelling enough to tune in every week. In the end, all these shows are entertainment, and it can be easy to gloss over the facts. You never really hear how the majority of girls who have a baby

before age 18 don't graduate high school, or how 80 percent of fathers don't marry the teen mother of their baby, and most couples don't stay together after the baby is born. Contrary to plot lines in *90210* and movies like *Juno*, less than 2 percent of pregnant teens choose adoption in real life. The absence of discussions about abortion on TV may be most shocking of all when you consider that it's a very common medical procedure—614,070 women under age 25 had abortions in 2006.

Constantly seeing messages like all of these can sneakily influence how *you* feel about having sex and getting pregnant. Of course, you're the one with the power to make your own choices, and you have family and friends and a million other factors influencing your decisions—but when you see so much teen sex and pregnancy everywhere, it can start to seem *normal*. It's almost no wonder that 750,000 teen girls a year get pregnant. The truth, though, is that if you become pregnant, every possible road ahead will be difficult. Whether you become a teen mom, put your baby up for adoption, or choose abortion, your life will never be the same. Just take it from four girls who have learned the truth by living—not DVR'ing—it.

31%
of teen girls say
TV shows and movies
make teenagers
want to
have a baby.

SOURCE: A 2010 SURVEY BY THE CANDIE'S FOUNDATION AND SEVENTEEN.

"Everyone has sex all the time on shows like Gossip Girl, and nothing ever happens to them."



fact vs. fiction
Priscilla learned the truth about birth control—the hard way.

"I met my baby Addison's dad through a mutual friend, and was into him right away. He is seven years older than I am, and I thought if I slept with him, it would make me seem older and more mature, and make him want to commit to me. Once we started having sex, it was always unprotected—I just assumed 'pulling out' would work. But all it took was *one* month of having sex like that for me to get pregnant. He must have ejaculated just a tiny amount inside of me at some point,

because before I knew it, I missed my period and bam—just like that—the pregnancy test was turning pink, and my life was changing forever.

Addison's dad wasn't ready for a baby at all. He tried to get me to have an abortion, but I refused, and he dropped me just a few months into the pregnancy. But being pregnant without his support wasn't the worst thing I went through. *No one* tells you how much gross stuff happens during pregnancy: I gained 65 pounds and got crazy stretch marks and the worst heartburn. And labor was two days of *excruciating* pain. *No* TV shows or movies tell you how you get hemorrhoids and poop while you're pushing the baby out, and how you bleed for weeks after. When people have sex on TV and in movies, it looks like no big deal. And no one on TV really mentions using birth control—you rarely see characters having a talk about protection. I never really got solid information from school or my parents. I

didn't realize it until it was too late, but really, I was just so naive and ignorant when it came to sex and protection and pregnancy.

Now I live with a family friend and work full-time—I don't get any help from my family. And that's the other thing TV and movies don't really show—how *alone* you are once you get pregnant. If I could go back in

time, I would tell myself that Addison is amazing, but if you're not ready to give up your freedom, *wait to have sex*. It's a lot easier to get pregnant, and to have your life *completely* change course, than it seems on TV."

—priscilla, 19, muskegon, mi

balancing act
Having a baby means juggling way more than TV ever shows you.



"I thought going to high school pregnant would be like Juno. I was wrong."

"The other night, it was 3:25 A.M., I had baby puke in my hair, and I hadn't slept. I was exhausted and *bawling*. But for me, it was just a typical night of what it's *really* like to be a teen mom.

I wasn't planning to get pregnant with my boyfriend when I was 16. But when I did, I told myself pregnancy would be like it is in movies. When I'd seen *Juno*, even before I was pregnant, I thought that pregnant girls could handle being young moms and balance everything, as long as they had a supportive boyfriend and family. And I did. But I learned the hard way once I got pregnant myself that real pregnancy is *not* easy in any way. I was so nauseous during my whole entire pregnancy, and got in trouble at school every time I'd be late for not feeling well. One day in school, I felt a wave of nausea come over me and knew I was going to vomit; but when I raised my hand to ask to go to the bathroom, the teacher said I couldn't, since I'd just gone. I ended up throwing up all over the floor—and then I was forced to clean it up. That was the moment I knew I had to drop out of school and get my GED. I needed to focus on taking care of myself and earning money by working as many hours as I could at Quiznos to pay for all the stuff my baby would need. I love my baby with all my heart, but I wish I'd done research or talked to real people, like family and friends, about what it's like to be a teen mom, before I listened to my television."

—andrea, 17, greenbrier, ar

20%
of teen girls say TV shows and movies make teen motherhood seem normal.

55%
of teen girls say TV shows and movies encourage teenagers to have sex.

Get a reality check! A new iPhone app will give you an insta-dose of parenthood.

The Candie's Foundation just launched a new (free) iPhone app featuring 30 seconds of a wailing baby—and a reminder to protect yourself against pregnancy. Download it from candiesfoundation.org (and send it to a friend) to see how much you can handle—then remember that if just 30 seconds of crying made you want to tear your hair out, that's *nothing* compared to taking care of a real-life baby 24 hours a day!

Special thanks to The Candie's Foundation for partnering on this survey. Check out candiesfoundation.org for more information on teen pregnancy.

www.journal-plaza.net & www.freedowns.net

"No one talks about abortion on TV—it didn't register as a real option."



When I got pregnant at 15, I was totally overwhelmed, and my mom was so ashamed that she wouldn't talk to me. So I told my best friend and her mom that I wanted to get an abortion. My friend's mom was horrified: She said I'd never be able to

have kids in the future. That scared me to death—I wanted kids *someday*, just not then! She and my friend also said that God would never forgive me, and that I'd be a murderer and burn in hell. Since I didn't know anything else about abortion or have my mom to talk to, I believed them. And the more I thought about it, the more their reasoning made sense: In movies and on TV, there was always *some* reason a character backed out of doing it. I watched some shows in Spanish—I'm Latina—that talked about abortion, and they reinforced how shameful it is. One night, I went online to find more information—but the videos people put on the Internet about abortion are so horrific, it made me cry and feel sick to my stomach. So I had my son, Diego, when I was 16. My mother disowned me, and I wasn't equipped to do the mom thing: I spent some nights with Diego in my car because I didn't have a place to stay between crashing on friends' couches. Now I work full-time at KFC just to afford a tiny apartment. I go to schools with an organization called Teen Talk and tell other girls my story. I want them to know that the only person they have to answer to is themselves—you're the one who should decide what happens to your body and to your future. The information I got was wrong, but maybe if I'd been given the right information, my whole life would be different. Don't get me wrong: I love my son more than anything, but sometimes I resent that my life is the way it is now. I could have become so much more. Now I have to live for Diego, not for myself."

—grecia, 20, redwood city, ca

48%
of teen girls say they get their information on sex, pregnancy, and parenting from TV shows.

"On TV, your friends and guy stay with you, and you get your body back. Yeah, right."

I always loved *The Secret Life of the American Teenager*. But it wasn't until after I got pregnant that I realized how unrealistic the show actually is. Watching it, I used to think life as a teen mom would be like Amy Juergens's life—it didn't make me *want* to be a teen mom, but it also didn't look so horrible or unmanageable.

But in real life, *everything* changed once Elijah came along. For starters, being a teen mom is so *lonely*. My friends were all so excited when I found out I was having a baby, but gradually they disappeared. We just can't relate to each other in the same way. For another thing, my relationship with Elijah's father completely fell apart. Unlike all the sensitive guy characters on TV, he didn't change a single diaper. The most shocking thing, and the thing that's never portrayed on TV, is that having a baby really can ruin your body. No one tells you that your body won't come back—on *Secret Life*, Amy's body was exactly the same before and after she had the baby, which is just not realistic. And look how great Adrianna on *90210* looks! I was told to use body lotion and body butter to reduce stretch marks, but I still have tons—and a belly pooch that won't go away. *Everything* changes once you have a kid. And TV shows and movies about pregnancy may be entertaining, but they're not reality."

—lainey, 18, brownfield, tx



body with baby
Lainey in October 2009, at eight month's pregnant.

don't get tricked!

Now that you know TV isn't 100 percent accurate, here's how to avoid having a pregnancy that could put your dreams on hold.

Why not wait? The only 100 percent sure way to prevent pregnancy is not to have sex. Girls who wait are less likely to have regrets and *more* likely to have a healthy experience.

Use protection If you *are* sexually active or plan to have sex, always use protection—effective birth control (like the Pill) to prevent pregnancy, *and* a condom to prevent sexually transmitted infections.

what shai says

Our cover girl is on one of the most popular shows about teen pregnancy, and while she understands how hard it is to represent the reality of teen motherhood on TV, she feels a responsibility to make her character as authentic as possible.



"When my character was pregnant, I never cried so much in my life—and that wasn't glamorous at all. In real life, I would never choose that for myself or anyone."

—SHAILENE WOODLEY

17 EXPERTS: Amy R. Kramer, director, Entertainment Media & Audience Strategy, The National Campaign to Prevent Teen and Unplanned Pregnancy (stayteen.org); Diane Quest, national media director, Planned Parenthood Federation of America (plannedparenthood.org); Christine Clark, program director, The Candle's Foundation (candlesfoundation.org); Justine Marino, senior marketing manager, The Candle's Foundation (candlesfoundation.org).

www.journal-plaza.net & www.freedowns.net



If the shoe fits...

From girly to classic, artsy to boho, the **Seventeen Fashion Finder** iPhone App can help you find the perfect pieces for Spring.

Check out **tons of new shoes**, plus dresses and sunglasses. Then, get the exclusive scoop on **Shailene Woodley's picks** for the season. Just download it **FREE** from the App Store™ and get started shopping now!

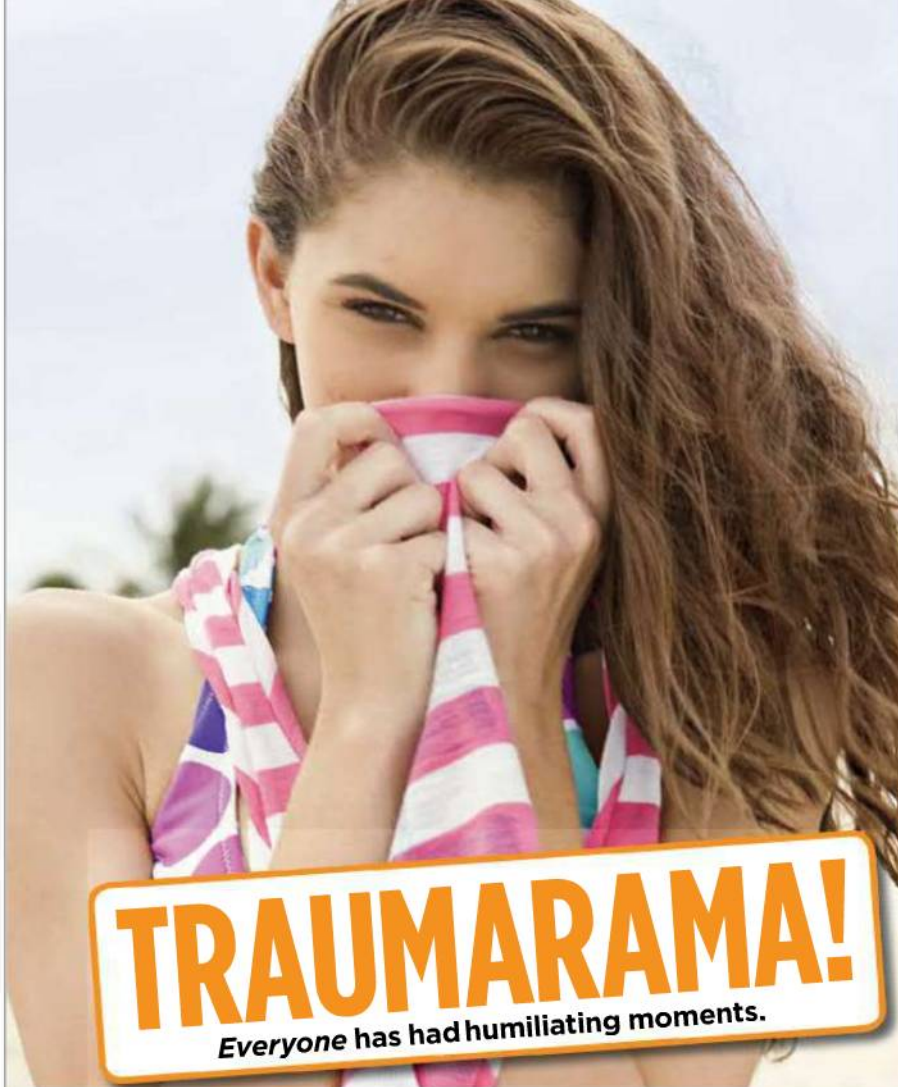
Look for these special features this month:



Behind the Scenes Footage of **Britney Spears** Candie's only at Kohl's photoshoot "Through the Lens"



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TRAUMARAMA!

Everyone has had humiliating moments.

so trashy

"I really liked this guy, and my best friend liked his best friend, so we decided to have both of them over to my house for a movie marathon. Things were going really well, and everyone was having fun. After a few hours of sitting in the living room, we decided to go upstairs to the game room to hang out. As we got to the top floor, we noticed shredded white stuff all over the hallway leading to my bathroom. We followed the trail to the trash can and saw that my new puppy

had knocked it over and chewed up my used pads. To make matters worse, when we found my dog, he had some of the bloody pads matted in his fur—ew! The boys freaked and kept saying, 'Sick!' I got them out of my house as fast as I could and never invited them back!"

extreme makeover

"I was getting ready for a date, but I was so tired that I decided to take a little nap before my guy arrived to pick me up. The next thing I knew, I was

BROTHERLY LOVE

“My boyfriend and his twin brother are on the lacrosse team, and I went to see them play. After the team won, I ran up to my BF and gave him a peck on the lips. He looked at me strangely for some reason—then I realized why! I'd gotten my boyfriend and his brother mixed up: I had just kissed his twin! They both laughed it off, but I felt so bad!”

being woken up to honking outside, so I rushed out the door quickly. When I got to his car, he was looking at me all weird and said, 'What's on your face?' I looked at my reflection in his window, and realized I had lipstick smeared all over me. Turns out, my little sister had done it to get back at me for not letting her borrow my makeup. I was so mad at her and, of course, humiliated!"

foul ball

"My friend and I had stayed after school to watch her boyfriend and my crush play a touch football game. She and I were sitting on the bleachers talking and trying to look cute when all of a sudden, the ball came flying toward us and hit me on the head. Right at that moment, I had a mouthful of soda and it all came spitting out. Everyone on the field—including my crush—was laughing so hard. I wanted to die, plus it hurt!"

love at first sight

"I went on my first date with this totally cute guy, and it went really well. He dropped me off and said, 'I had a lot of fun with you.' I was so excited and wanted to say, 'I loved hanging out with you too.' But I fumbled my words and ended up saying, 'I love you too.' Before I could correct myself, he reminded me it was only our first date and too soon for love. Needless to say, he didn't call me for another date."

strip show

"I was stopped at a red light while driving one day, so I took off my sweatshirt quickly because I was getting hot in my car. As I started to pull it over my head, I glanced to my right and saw a truck full of super-cute guys I recognized from school. Just then, my sweatshirt got stuck and I couldn't get it over my head. As I awkwardly struggled, the car behind me honked because the light had turned green. I had to put my sweatshirt back on, and when I looked over again, I saw the guys were watching me, laughing in hysterics! I just drove off as fast as I could!"

ALARMED AND DANGEROUS

“I was at my boyfriend's house one night, and he fell asleep as we were watching a movie. He looked so cute that I didn't want to wake him, so I decided to sneak out through the back door. I tiptoed through the house and unlocked the door. I was so proud of myself for being so quiet. Then as I opened the door, a loud siren started screeching. I had forgotten that they have an alarm system! My boyfriend jumped up from the couch, and he and his whole family came to check on it. I had woken up the entire house! His parents were not too happy, especially since it was 3 A.M.! I apologized over and over while his dad punched in the code to turn off the alarm. I was so mortified and got out of there as fast as I could!”

double date

"I was out to dinner at a really nice restaurant with my boyfriend, and we were making fun of our biology teacher and mocking the annoying way she always talks in class. It was really hysterical until the person sitting at the table next to ours said loudly, 'Could you please keep it down?' I turned my head around and realized it was the teacher we had been talking about! It was clear that she'd heard everything we were saying about her and was pissed. We apologized and quickly ate our meal so we could get out of there. The next day in her classroom was definitely awkward!"

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HOT GUY SPECIAL!

All the guys you love—in one sexy section!



ON SALE MAY 25

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HOW TO PARTICIPATE IN THE AÉROPOSTALE GIVEAWAY (page 14): Starting April 6, 2010, bring a copy of the May 2010 issue of *Seventeen* and show the page with the featured Aéropostale tee, or a printout of the seventeen.com homepage, to a participating Aéropostale store to receive one (1) T-shirt from Aéropostale. One tee per person. While supplies last. There are 30,000 tees available nationwide. Promotion ends May 24, 2010. A notice will be posted on seventeen.com when Sponsor has given away all 30,000 tees.

Sweepstakes Rules

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HOW TO ENTER THE TEEN READER FEEDBACK SURVEY SWEEPSTAKES (page 6): Go to survey.seventeen.com and complete and submit the entry form pursuant to the on-screen instructions beginning at 12:01 A.M. ET, January 4, 2010, through 11:59 P.M. ET, December 11, 2010. One (1) winner will receive a \$500 American Express Gift Card, and five (5) winners will receive a \$100 American Express Gift Card. Sweepstakes subject to complete Official Rules available at survey.seventeen.com.

HOW TO ENTER THE MAY LULU'S DRESS AND URBAN ORIGINAL BAG AND SHOES SWEEPSTAKES (page 8): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. Five (5) winners will receive a Lulu's dress (approximate retail value: \$33); entry code is "glam". Seven (7) winners will receive a gray studded bag from Urban Original (approximate retail value: \$34); entry code is "hardware". Ten (10) winners will receive a pair of black peep-toe heels from Urban Original (approximate retail value: \$22); entry code is "peep toe". Total approximate retail value for all prizes awarded: \$623. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE VISIT SEVENTEEN SWEEPSTAKES (page 10): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010; the entry code is "dream". One (1) winner will receive a four-day/three-night stay for two at the Carlton Hotel in New York, NY, including round-trip airfare from the airport closest to her hometown, a complimentary hairstyling and a facial or a massage at Spa Chakra, and a visit to the offices of *Seventeen* magazine. Approximate retail value for the prize: \$2,400. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE LOOK PRETTY FOR A YEAR SWEEPSTAKES (page 14): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010, and complete and submit the entry form pursuant to the on-screen instructions, including the entry code "pretty". One (1) winner will receive a one-year supply of Maybelline New York products. Approximate retail value for the prize: \$350. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAY DAILY SHOE FREEBIES (page 18): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, May 1, 2010, through 11:59 P.M. ET, May 31, 2010. Sweepstakes subject to complete

Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAY MASTHEAD FREEBIE SWEEPSTAKES (page 22): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. One hundred (100) winners will receive a bug ring from ShopTheLook.net (approximate retail value: \$12); entry code is "ring". Total approximate retail value for all prizes awarded: \$1,200. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE RUNAWAY SWEEPSTAKES (page 24): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. Fifteen (15) winners will receive a copy of *Runaway* by Meg Cabot (approximate retail value: \$17); the entry code is "airhead". Total approximate retail value for all prizes awarded: \$255. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE SPRING SHOES SWEEPSTAKES (pages 29, 30, 32, 34, 36, 38, and 44): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. Five (5) winners will receive a pair of Zigi NY black chain sandals (approximate retail value: \$90); the entry code is "chains". Two (2) winners will receive a pair of BC Footwear yellow flats (approximate retail value: \$50); the entry code is "cutout". Five (5) winners will receive a pair of Sperry Snakeskin Sperry Topsiders (approximate retail value: \$85); the entry code is "snakeskin". Five (5) winners will receive a pair of Carlos by Carlos Santana red embellished heels (approximate retail value: \$119); the entry code is "embellished". Two (2) winners will receive a pair of Chinese Laundry black platform heels (approximate retail value: \$99); the entry code is "platforms". Three (3) winners will receive a pair of Paris Hilton nude lace heels (approximate retail value: \$89); the entry code is "neutral". Thirty (30) winners will receive a pair of Decree by JCPenney black studded sandals (approximate retail value: \$30); the entry code is "sandal". Ten (10) winners will receive a one-month membership to Shoedazzle.com where they will get one (1) pair of shoes (approximate retail value: \$40); the entry code is "dazzle". Total approximate retail value for all prizes awarded: \$3,335. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAY O'NEILL DRESS SWEEPSTAKES (page 46): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. Ten (10) winners will receive an O'Neill dress (approximate retail value: \$50); entry code is "surf". Total approximate retail value for all prizes awarded: \$500. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAY CELEBRITY PINK JEANS SWEEPSTAKES (page 54): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. One-hundred (100) winners will receive a pair of Celebrity Pink jeans (approximate retail value: \$30); entry code is "celeb". Total approximate retail value for all prizes awarded: \$3,000. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAY TARGET GIFT CARD SWEEPSTAKES (page 56): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. Five (5) winners will receive a Target gift card (approximate retail value: \$100); entry code is "zac". Total approximate retail value for all prizes awarded: \$500. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAY BEAUTY FREEBIES SWEEPSTAKES (pages 59, 70, and 72): Beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010, go to seventeen.com/freebies and

complete and submit the entry form pursuant to the on-screen instructions. One hundred fifty (150) winners will win a Pixi Lip Blush (approximate retail value: \$18 each); the entry code is "smooch". One hundred (100) winners will win an Aussie Catch the Wave Sprunch Hair Spray (approximate retail value: \$4 each); the entry code is "waves." One hundred fifty (150) winners will win an Essence Smokey Eyes Set (approximate retail value: \$3 each); the entry code is "wink". Total approximate retail value for all prizes awarded: \$3,550. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE SUN PACKAGE SWEEPSTAKES (pages 84, 86, and 88): Beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010, go to seventeen.com/freebies, and complete and submit the entry form pursuant to the on-screen instructions. Twenty-five (25) winners will win one Clinique Long Last Glosswear SPF 15 in Cabana Crush (approximate retail value: \$14); the entry code is "kisses." One (1) winner will win a gift basket filled with Clinique sun care products (approximate retail value: \$250); the entry code is "beach." Twenty-five (25) winners will win one Clinique Almost Bronzer SPF 15 in Light/Medium (approximate retail value: \$29); the entry code is "glow." Total approximate retail value for all prizes awarded: \$1,325. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAY HEALTH SWEEPSTAKES (pages 94, 95, and 99): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. One (1) winner will receive running shorts (approximate retail value: \$35), a short-sleeve T-shirt (approximate retail value: \$35), a gym bag (approximate retail value: \$30), a Fossil watch (approximate retail value: \$60), sneakers (approximate retail value: \$75), and three (3) pairs of Climacool socks (approximate retail value: \$12) from Adidas; the entry code is "exercise."

Fifteen (15) winners will receive a copy of *Slim & Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love* from William Morrow (approximate retail value: \$25); the entry code is "chef." One (1) winner will receive a Sprite Deluxe Cruiser (approximate retail value: \$330) and Thrasher Microshell Adult Helmet (approximate retail value: \$25) from Schwinn; the entry code is "wheels." Twenty-five (25) winners will receive a 6-liter eco-friendly aluminum beverage bottle (approximate retail value: \$22) from SIGG; the entry code is "thirsty." Total approximate retail value for all prizes awarded: \$1,527. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAY LOVE LIFE SWEEPSTAKES (pages 100, 104, 105, and 106): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. One (1) winner will receive an LG Rumor Touch cell phone (approximate retail value: \$250); the entry code is "flirtat." Five (5) winners will receive a "Skype date" webcam phone call with a member of Seventeen's Hot Guy Panel (approximate retail value: priceless); the entry code is "chat." Thirty (30) winners will receive a \$50 gift card to The Cheesecake Factory; the entry code is "yum." One (1) winner will receive a prize pack from The Last Song autographed by Liam Hemsworth (approximate retail value: \$200); the entry code is "film." Total approximate value for all prizes awarded: \$1,950. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAY YOUR LIFE SWEEPSTAKES (pages 108, 110, 112, 114, 115, and 160): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. Two (2) winners will receive an iLive U3098 Karaoke Player (approximate retail value: \$80 each); the entry code is "sing." Two (2) winners will receive a Motorola DEVOUR with MOTOBLUR (approximate retail value: \$150 each); the entry code is "tech." Two

(2) winners will receive a \$150 Discover gift card; the entry code is "money." One (1) winner will receive a Polaroid PoGo Instant Digital Camera (approximate retail value: \$200 each); the entry code is "pic." One (1) winner will receive an ASUS Eee PC designer netbook and a 23" LED monitor (total approximate retail value: \$698); the entry code is "dorm." Six (6) winners will receive a computerized astrological profile created by Sally Brompton, including a personal chart wheel and an introduction to astrology (approximate retail value: \$18 each); the entry code is "forecast." Total approximate retail value for all prizes awarded: \$1,766. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE WISH COME TRUE SWEEPSTAKES AKA THE FREE COLLEGE GIVEAWAY (page 115): NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Go to seventeen.com/freecollege, and complete and submit the entry form pursuant to the on-screen instructions. Beginning at 12:01 A.M. ET, February 1, 2010, through 11:59 P.M. ET, January 31, 2012, one (1) Grand Prize Winner will win \$250,000. Twenty-four (24) First Place Winners will receive \$1,000 each. Twenty-four (24) Second Place Winners will receive \$100 each. Odds of winning will depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at seventeen.com/freecollege.

HOW TO ENTER THE MAY PARTY SWEEPSTAKES (page 118): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, April 6, 2010, through 11:59 P.M. ET, May 24, 2010. Five (5) winners will receive a Fashionation iSpin; (approximate retail value for the prize: \$120); the entry code is "beat." Total approximate retail value for all prizes awarded: \$600. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

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MAY HOROSCOPES

by sally brompton

taurus **Apr 20–May 20** You'll have *tons* of chances to party this month, but your birthday bash is set to be the hottest night of all. When Venus opposes Pluto on the 24th, a gossipy girl will get jealous of all the fun you're having and start a snarky rumor about you. But if you shrug it off, so will everyone else.

gemini

May 21–Jun 20

Good news, Gem: If you've had a case of the blahs, that's all about to change! When the Sun moves into your sign on the 21st, you'll meet a hot new guy who reignites your flirty side. Like you, he has a way with words, and his IMs will make you smile (and blush!).

cancer

Jun 21–Jul 22

You love just chilling out with your friends at home, but recently you and your parents have been arguing *constantly*. Tense! Wait it out until the 30th, when Saturn moves back in your favor. Your folks will ease up, so you'll feel good about having the girls over again.

leo

Jul 23–Aug 22

You can't help getting noticed—it's in your astro DNA. But a friend's BF has been paying a lot of attention to you, and on the 4th the sun and Mars will tempt you to flirt back. Luckily you'll tap into your sensitive side and resist. Plus, *your* new guy is coming in June!

virgo

Aug 23–Sep 22

You could drive yourself nuts analyzing every text your crush sends you. But on the 11th, Mercury will push you to chat with him face-to-face, and you'll see he's not a one-girl kind of guy. After that, you'll start focusing your energy on guys who can reciprocate.

libra

Sep 23–Oct 22

You've been experimenting with your style, and people have taken notice. But as Venus shifts on the 20th, your friends may think all the compliments are starting to go to your head. They love your self-confidence—but nonstop bragging? Not so cute!

scorpio

Oct 23–Nov 21

It seems like *ages* since you started dropping hints that you'd like a certain cutie to ask you out. But when love planet Venus links with Mars on the 7th, you'll get tired of waiting for him to make the first move—and do the asking yourself. He'll be psyched!

sagittarius

Nov 22–Dec 21

You and your crush have been making headway online, but other girls at school have been flirting with him too. Thanks to Jupiter and the sun, you'll get a chance to hang out with him on the 18th, just the two of you. Those other girls don't stand a chance!

capricorn

Dec 22–Jan 19

Serious Caps can have a hard time seeing the light, and lately you've been feeling especially gloomy! But when the moon is new on the 14th, a sweet guy friend will go to great lengths to cheer you up. After that, you'll see him in a whole new way.

aquarius

Jan 20–Feb 18

You rarely get possessive, but your BFF has been spending *way* more time with another friend than with you, and you miss her! You guys need to talk; wait until *after* the full moon on the 27th, when you can say how you feel without lashing out. She'll hear you.

pisces

Feb 19–Mar 20

Although you're the most artistic sign in the zodiac, you haven't felt inspired lately. But on the 19th, the sun and Neptune will send an insanely creative idea your way. Enlist a Virgo friend to help you nail down the details; together, you'll make a great team!

aries

Mar 20–Apr 19

Okay, so spring has been kind of a dud so far, and you and your friends are ready to have some *real* fun. Luckily, adventurous Uranus will move into your sign on the 28th, and you'll end up meeting a total cutie on a road trip with your girls. Bon voyage!



got milk?

Flip over it.

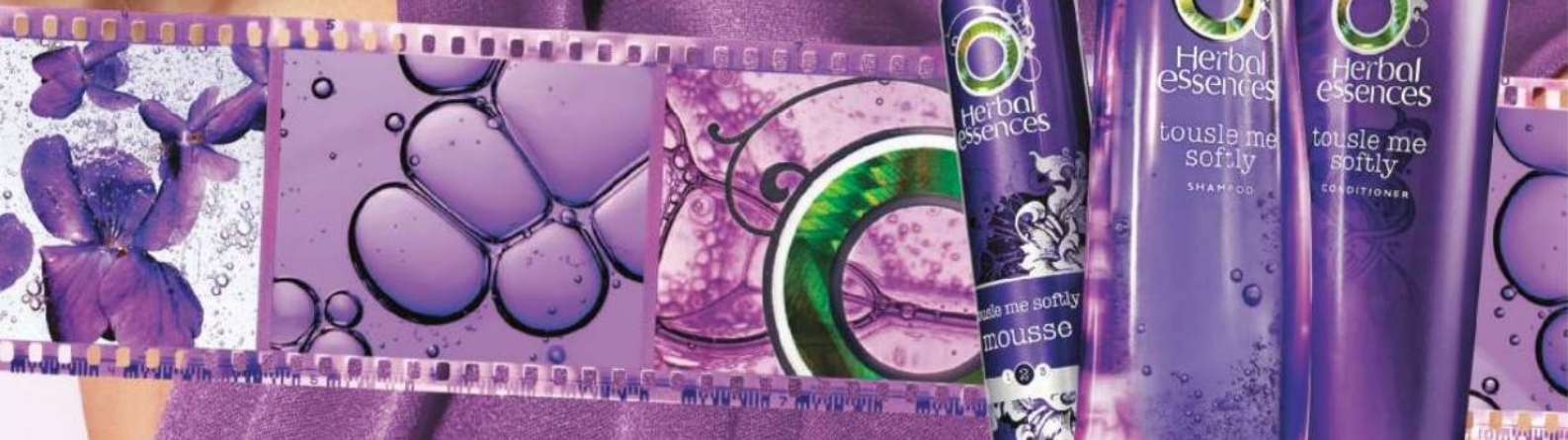
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